

POTASSIUM DIET PURPOSE:

- Low potassium diet helps prevent high blood levels of potassium
- When blood potassium levels become too high, muscle weakness irregularity of heart beat will occur
- Potassium diet limitation help keep your blood potassium levels normal.
- Avoid salt substitute because it has potassium.
- Use only herbs and spices or seasoning mixes that do not contain potassium.
- Also avoid chocolate candy or beverages, molasses, and nuts.

POTASSIUM CONTENT IN VEGETABLES**LOW (0-250MG/CUP)**

- MUNG BEANS (SPROUTED)
- ENDIVE
- PEAS, CARROTS (FROZEN, CANNED)
- PEPPERS
- WHOLE KERNEL CORN (CREAMED,CANNED)
- RADISHES
- GREEN BEAN
- SHALLOTS
- CABBAGE
- TURNIPS
- GREENS
- FRESH CAULIFLOWER
- DANDELION GREENS
- CUCUMBERS
- KALE
- LETTUCE

MEDIUM (250-400MG/CUP)

- FRESH ASPARAGUS
- OKRA
- BEETS
- ONIONS
- CARROTS
- FRESH PEAS
- BROCCOLI
- RUTABAGAS
- FROZEN CAULIFLOWER
- SUMMER SQUASH
- CELERY
- MIXED VEGETABLES
- EGGPLANT
- WATERCRESS
- MUSTARD GREENS
- MUSHROOMS

HIGH (400-450MG/CUP)

- CANNED ASPARAGUS
- COLLARD GREENS
- BEETS
- GREENS
- KOHLRABI
- BRUSSEL SPROUTS
- COOKED LENTILS
- SWISS CHARD
- SUCCOTASH

VERY HIGH (OVER 500MG/CUP)

- RED KIDNEY BEANS
- POTATOES(BAKED,BOILED)
- GREAT NORTHERN BEANS
- POTATO SALAD
- PINTO BEANS
- POTATO CHIPS
- LIMAS
- PUMPKIN
- BEANS & FRANKS
- SPINACH
- BLACKEYED PEAS
- WINTER SQUASH
- PARSNIPS S
- WEET POTATOES
- TOMATOES TOMATO JUICE
- TURNIPS
- V-8 JUICE

If you have any question or concerns about this Low Potassium Diet please call our office at **703-961-0488**, and ask to speak to your physician.

POTASSIUM CONTENT IN FRUITS**LOW (0-250MG/CUP)**

- FRESH APPLES
- LEMON/DAD
- APPLE SAUCE
- LIMEADE
- BLUEBERRIES
- LIME
- BOYSENBERRIES
- ORANGE/APRICOT DRINK
- COCONUT MEAT
- PEACH NECTAR
- CRANBERRIES
- FRESH PINEAPPLE
- CRANBERRY JUICE PINEAPPLE/
GRAPEFRUIT DRINK
- CONCORD GRAPES
- FRESH STRAWBERRIES
- KUMQUAT
- TANGERINES
- LEMON
- PEARS

MEDIUM (250-400MG/CUP)

- APPLE JUICE
- FRESH PAPAYA
- BLACKBERRIES
- PEACHES
- CHERRIES
- PERSIMMONS
- FIGS
- PLUMS
- FRUIT COCKTAIL
- PINEAPPLE JUICE
- THOMPSON GRAPES
- POMEGRANATES
- GRAPE JUICE
- RASPBERRIES
- LEMON JUICE
- RHUBARD
- STRAWBERRIES (FROZEN,CANNED)

HIGH (400-450MG/CUP)

- CANTALOUPE
- CASSAVA
- MELON
- NECTARINES
- ORANGE JUICE
- TANGERINE JUICE
- WATERMELON
- FRESH GRAPEFRUIT
- GRAPEFRUIT JUICE
- FRESH APRICOTS

VERY HIGH (OVER-500MG/CUP)

- CANNED APRICOTS
- AVOCADO
- DATES
- MASHED PAPAYA
- COOKED PRUNES
- DRIEN PRUNES
- RAISINS
- KIWI
- HONEYDEW
- BANANA

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