



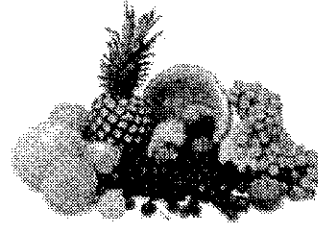
High Potassium Foods

FRUITS

Apricot
Avocado
Banana
Cantaloupe
Dates
Dried Fruits
Figs
Grapefruit
Grapefruit Juice
Honeydew
Kiwi
Mango
Mandarin Oranges
Nectarine
Orange
Orange Juice
Papaya
Plums
Pomegranate
Pomegranate Juice
Prunes
Prune Juice
Raisins
Tangerine

VEGETABLES

Acorn Squash
Avocado
Artichoke
Bamboo Shoots
Baked Beans
Butternut Squash



High Potassium Foods

VEGETABLES

Beans (Black, Refried, etc.)
Beets
Broccoli
Brussels Sprouts
Cactus
Greens, except Kale
Kohlrabi
Lentils
Legumes
Parsnips
Potatoes, White or Sweet
Pumpkin
Rutabagas
Spinach
Tomato
Vegetable Juices

OTHER FOODS

Bran/ Bran Products
Chocolate
Granola
Milk (All Types)
Molasses
Nuts and Seeds
Peanut Butter
Salt Substitutes/ Lite Salt
Salt Free Broth
Yogurt
Snuff/ Chewing Tobacco

AVOID COMPLETELY UNTIL FURTHER INSTRUCTION



Low-Potassium Foods

Fruits

Apple
Apple Juice
Applesauce
Apricots
Blackberries
Blueberries
Cherries
Cranberries
Fruit Cocktail
Grapes
Grape Juice
Peaches
Pears
Pineapple
Pineapple Juice
Raspberries
Strawberries
Watermelon

Vegetables

Alfalfa Sprouts
Asparagus
Cabbage
Carrots
Cauliflower
Celery



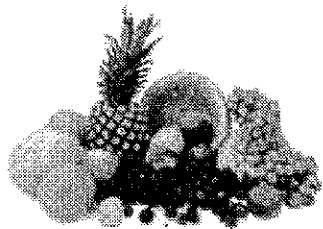
Low-Potassium

Vegetables

Cucumber
Eggplant
Kale
Lettuce
Mixed Vegetables
Mushrooms
Okra
Onions
Parsley
Peas
Peppers
Radish
Rhubarb
Water Chestnuts
Watercress
Yellow Squash
Zucchini Squash

Other Foods

Rice
Noodles
Pasta
Bread
Cake
Coffee
Pies
Cookie
Tea: Limit to 16 ounces



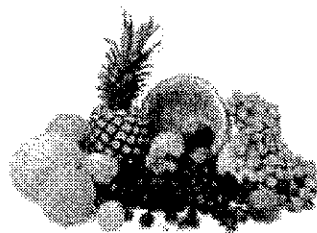
Los Alimentos de Alto Potasio

FRUTAS

Aguacate
Chavacano
Ciruela Pasa/ Jugo de Ciruela
Pasa
Fechas
Fruitas Secas
Granada/ Jugo de Granada
Higos
Kiwi
Mango
Melón
Naranja/ Jugo de Naranja
Nectarina
Papaya
Pasas de Uva
Platano
Toronja/ Jugo de Toronja

VEGETALES

Aguacate
Calabaza de bellota
Alcachofas
Brotos de bambú
Frijoles al horno
Calabaza
Frijoles (Negro, Refritos)
Remolacha
Brócoli
Coles de Bruselas



VEGETALES

Lentejas
Legumbres
Hongo
Pastinacas/ Chirivía,
Papas (dulce o blanco)
La calabaza
Colinabos
Espinacas
Calabaza
Jugo de Verduras
Tomate

Otros Alimentos

Salvado
Chocolate
Granola
Leche (todo tipos)
Melaza
Nueces y Semillas
Manteca de cacahuete
Sustitutos de la sal/ Sal
Caldo sin Sal
Yogur
Tabaco / Tabaco de mascar



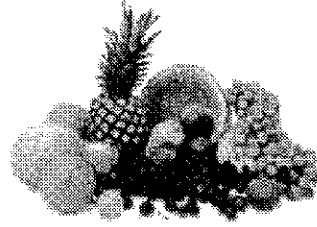
Alimentos Bajos en Potasio

FRUTAS

Manzana/ Jugo de Manzana
Puré de manzana
Zarzamora
Arándano
Cerezas
Arándano Agrio
Coctel de frutas
Uvas/ Jugo de Uvas
Durazno
Peras
Piña/ Jugo de Piña
Frambuesas
Fresas
Sandía

VEGETALES

Apio
Berenjena
Berro
BomBon/ Okra
Brotos de Alfalfa
Castañas de Agua
Cebolla
Repollo/ Col
Col Rizada
Coliflor
Elote/ Maíz
Espárragos



Guisantes/ Chícharos
Lechuga
Pepino
Perejil
Zanahorias

Alimentos Bajos en Potasio

VEGETALES

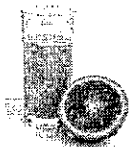
Pimientos/ Chiles
Rábano
Ruibarbo
Vegetales Mixtos

OTROS ALIMENTOS

Arroz
Café
Fideos
Galletas
Pan
Pasta
Pastel
Pay
Té (Limitar a 16 onzas)

Alimentos Ricos en Potasio

Other Foods



Naranjas/
Jugo de Naranja



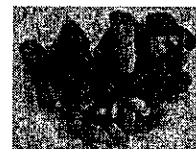
Plátanos



Frijoles secos



Habas



Peanuts, almonds, pecans



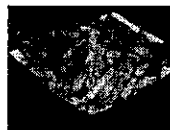
Kiwi



Albaricoques



Papas



Papas Fritas



Leche



Cafe/ Cocoa



Nectorines



Peras



Patatas



Hongos



Tomato/ Spaghetti Sauce



Cantaloupe/Melon



Higos



Aguate



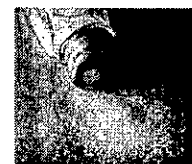
Calabaza



Asparagos



Tomatoe



Sal/ Sal sustutos



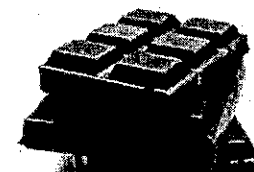
Frutas Secas



Ciruela/Jugo
Ciruela



Calabaza



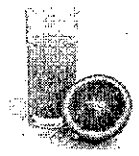
Chocolate

Vegetables

PLEASE COMPLETELY AVOID THESE FOODS OR LIMIT TO ONE ITEM PER WEEK, UNLESS OTHERWISE ADVISED!!!

High Potassium Foods

Fruit



Oranges/
Orange Juice



Bananas



Kiwi



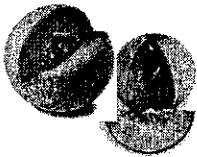
Apricots



Nectarines



Pears



Cantaloupe/Melon



Figs

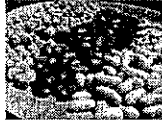


Dried Fruit



Prunes/Prune
Juice

Vegetables



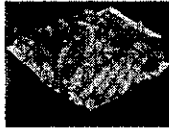
Dried Beans



Lima Beans



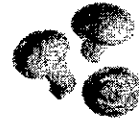
Fries



Potatoes French



Potato chips
Mushrooms



Avocado



Pumpkin



Asparagus



Tomato



Squash(Winter, Butternut,
Etc.)



Other Foods



Peanuts, almonds, pecans



Milk



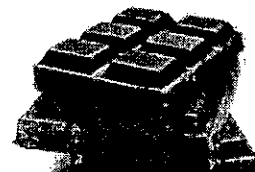
Coffee/ Cocoa



Tomato/ Spaghetti Sauce



Salt/ Salt substitute



Chocolate

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