

High Potassium Foods

FRUITS



BANANAS



CANTALOUPE



KIWI



MANGO



HONEYDEW



FRESH PEACHES



NECTARINE



ORANGES



ORANGE JUICE



PAPAYA



PRUNES



PRUNE JUICE



POMEGRANATE



DRIED FRUIT



RAISINS

VEGETABLES



ARTICHOKES



AVOCADO



BEETS



BOK CHOY



EDAMAME (soybeans)



LIMA BEANS



MUSHROOMS (cooked)



POTATOES



FRENCH FRIES



YAMS/SWEET POTATOES



PUMPKIN



RUTABAGAS



SPINACH (cooked)



SQUASH (Acorn)



SQUASH (Butternut)



SWISS CHARD



TOMATOES

OTHERS



BEANS



SALSA



POWDERED DRINKS



ENSURE/BOOST



COCONUT WATER



MILK



POTATO SALAD



SWEET POTATO PIE



SALT SUBSTITUTE



MOLASSES



SPAGHETTI SAUCE

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!

Portion size for fruits and veggies is 1/2 c fresh, 1/2 c canned, 1/2 c cooked, 1/4 c dried, and 1/2 c juice.