

# Potassium In Foods

NUTRITION TIPS TO MANAGE POTASSIUM INTAKE

## Potassium

### What is it?

Key nutrient  
Essential mineral  
Electrolyte for energy

### Specialized Needs

Can be depleted with  
diarrhea, certain cancer  
treatments  
May be elevated with  
kidney disease

## Tips & Tricks

### Low <150 mg

**Fruits:** berries, lemon, lime, pineapple  
**Veggies:** asparagus, cabbage, corn,  
cucumber, eggplant, green beans,  
green pepper, lettuce, onions,  
radishes



### Medium 150-250 mg

**Fruits:** apples, cherries, coconut, fig,  
grapefruit, peach, pear, watermelon  
**Veggies:** beets, carrots, cauliflower,  
celery, kale, mushrooms, zucchini



### High 250-400 mg

**Fruits:** apricot, dried coconut, kiwi,  
mango, oranges, papaya, plantain,  
persimmon, prunes, pumpkin,  
rhubarb, v-8 juice, carrot juice, OJ,  
tomato juice, prune juice  
**Veggies:** acorn squash, cooked beets,  
Brussels sprouts, collard greens,  
escarole, lentils, beans, parsnips, boiled  
potatoes, sweet potatoes, swiss chard,  
tomatoes

### Very High >400 mg

**Fruits:** avocado, banana,  
cantaloupe, dates, dried fruit,  
honeydew, pomegranate, raisins  
**Veggies:** acorn squash, artichoke,  
baked beans, broccoli, chickpeas,  
baked potato, tomato paste/sauce,  
winter squashes, almonds, peanuts



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS