

Low Potassium Food List

LOW POTASSIUM FOOD LIST

Patient's Name: _____

Date of Birth: _____ dd / mm / yyyy

Gender: _____

Referring Physician's Name: _____

Potassium Levels (if needed): _____

Contact Information: _____

Notes:

Low Potassium Foods: Fruits (Apples, Berries, Grapes, Cherries, Pineapple, Certain Citrus), Vegetables (Green Beans, Cabbage, Peas, Cucumber, Eggplant, Lettuce, Onions, Peppers, Zucchini), Protein (Eggs, Drained Canned Tuna, Specific Cheeses), Carbohydrates (White Rice, White Bread, White Pasta, Polenta, Cornmeal Grits), Drinks (Rice Milk, Coffee, Tea, Cakes/Pies/Cookies without chocolate)

High Potassium Foods: Fruits (Apricots, Dates, Avocados, Banana, Cantaloupe, Honeydew, Kiwi, Nectarine, Orange, Papaya, Pomegranate, Raisins, Prunes), Vegetables (Carrots, Broccoli, Beets, Artichokes, Leafy Greens except kale, Okra, Potatoes, Pumpkin, Tomatoes), Nuts, seeds, beans, and legumes, Milk and Yogurt, Bran and Granola, Chocolate, Molasses