

High Potassium Food List

Proper amount of potassium must be included in food.

Hyperkalemia is excessive storage of the mineral, while hypokalemia is its deficiency. Make sure to consume adequate amount of potassium to stay healthy.

If you have been advised by your doctor to reduce your potassium intake in your diet, here is a helpful list of common high potassium foods

List of Foods High in Potassium

Fruits	<ul style="list-style-type: none">• Apple• Apricots• Avocado• Cantaloupe• Bananas• Dates• Figs• Kiwi fruit• Mango• Orange and orange juice• Papaya• Peach• Strawberries• Watermelon juices• Raisins• Prunes and prune juice• Pear• Nectarines• Honeydew• Grapefruit• Pomegranate	Other Foods <ul style="list-style-type: none">• Bran products• Chocolate• Granola• Molasses• Milk• Nuts and seeds• Peanut Butter• Yogurt• Peanuts• Ice milk• Eggs• Wheat bread• Apple cider vinegar• Cottage cheese• Ricotta cheese• Vanilla Ice-cream• Cinnamon raisin bagel• Plain bagel• French bread• Plain bagel• Onion, poppy and sesame seed bagel• Oatmeal bread• English muffins• Cocoa powder
Beverages	<ul style="list-style-type: none">• Beer• Red Wine• White Wine• Cider	

vegetables

- Artichoke
- Acorn squash
- Baked beans
- Butternut squash
- Bamboo shoots
- Fresh or boiled beet
- Black beans
- Lima beans
- Cabbage
- Brussels sprouts
- Carrots
- Dried peas and beans
- Hubbard squash
- Lentils
- Legumes
- Mushrooms
- Turnip cabbage
- Pumpkin
- Potatoes
- Parsnips
- Re-fried beans
- Cooked spinach
- Tomatoes and tomato products
- Yellow turnips
- Vegetable juices
- Lettuce
- Kidney beans
- Cauliflower
- Broccoli

**Meat
and
Fish**

- Beef
- Chicken
- Lamb
- Pork
- Liver
- Turkey
- Veal
- Bass
- Flounder
- Haddock
- Halibut
- Oysters
- Perch
- Salmon
- Scallops
- Tuna