HIGH POTASSIUM FOODS

APRICOTS
ATIS
AVOCADO
BOK CHOI
CHIKOO
COCONUT
DRAGON FRUIT

DRIED FRUITS
DURIAN
GUAVAS
JACKFRUIT (breadfruit)
LANZONES
LOQUATS
NECTARINE

ORANGE
PAPAYA
PASSION FRUIT
POMEGRANATE
PUMMELO
STARFRUIT

TAMARIND
TANGELOS

To be used in conjunction with advice from a Registered Dietitian.
HIGH POTASSIUM FOODS

- Bananas
- Bran Cereal
- Cantaloupe
- Carrots Raw
- Chocolate
- French Fries
- Honeydew
- Kiwi
- Milk
- Nuts and Seeds
- Orange or Orange Juice
- Pear
- Plums
- Potato
- Potato Chips
- Prunes or Prune Juice
- Salt Substitutes
- Tomato
To be used in conjunction with advice from a Registered Dietitian.