

# **Foods High in Potassium**

#### Foods with more than 200mg per serving Based on 1/2 cup servings (Unless indicated otherwise)

Fruits	Vegetables		Other foods (only limit if necessary)
Apricots Avocado Banana Breadfruit Cantaloupe Dried Fruits (all types) Durian Guava Honeydew Jack fruit Kiwi Nectarines (whole) Orange (whole)	Acorn Squash Artichoke (cooked) Asparagus (boiled) Beets Beet Greens (cooked) Bitter Melon Bok Choy (cooked) Broccoli (cooked) Brussels Sprouts Butternut Squash Carrot (raw) Cassava Celery (cooked)	Spinach (cooked) Sweet Potato Swiss Chard (cooked) Tomatoes - paste, sauce, juice, or crushed Yams Zucchini (cooked)	<ul> <li>Black licorice</li> <li>Bran muffin</li> <li>Bran cereals</li> <li>Chocolate</li> <li>Coconut (dried, desiccated)</li> <li>Coconut milk (canned)</li> <li>Coconut water</li> <li>Dried Beans</li> <li>Dried Peas</li> <li>Edamame</li> <li>Lentils</li> </ul>
Passion fruit Peach (whole) Persimmon, Japanese (whole) Plantain Pomegranate Pummelo	Corn (cooked) Fennel Bulb (cooked) Hubbard Squash Kohlrabi Mushrooms - white and Portobello (cooked) Parsnips Peas, green (cooked) Potatoes Pumpkin Rutabaga	Juices Carrot Orange Passion fruit Pomegranate Prune Tomato Vegetable	Hemp seeds (2 tablespoons) Nuts and Seeds Maple Syrup Molasses Soya flour Milk and Dairy products Meal replacements ** (e.g. Boost, Ensure) ** Ask your Registered Dietitian for low potassium options

Avoid: Grapefruit and Grapefruit juice – They can interfere with your heart medicines Salt Substitutes (e.g. No Salt or Half Salt) – They are very high in potassium

What should your blood Potassium level be?			
Danger to low 🔶		Lower than 3 mmol/L	
Safe (Normal)		3.5-5.0 mmol/L	
Caution	-	5.0-6.0 mmol/L	
Danger to high	<b>&gt;</b>	Higher than 6.0 mmol/L	

References: Health Canada. Canadian Nutrient File, and USDA National Nutrient Database for Standard Reference

# Foods with less Potassium – Better Food Choices

#### Note: Almost all foods contain some potassium.

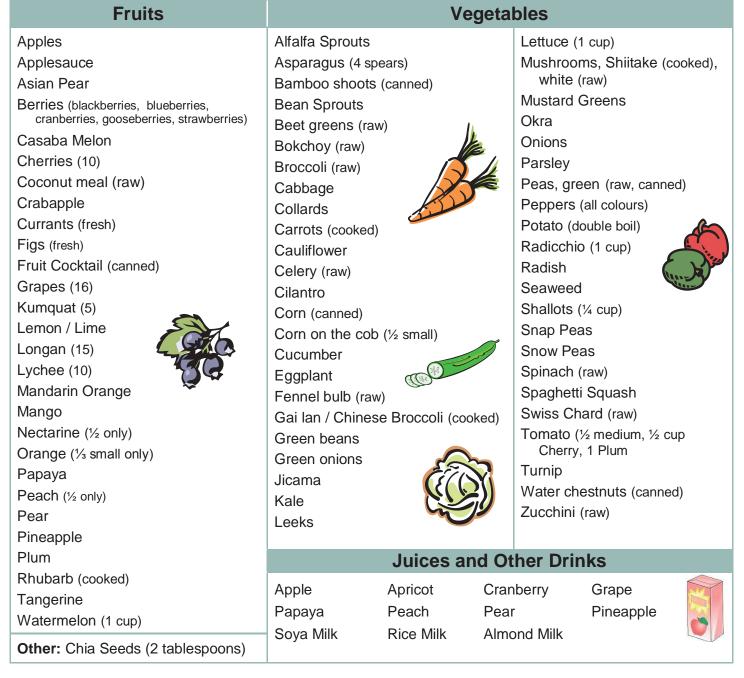
A larger serving of a low potassium food can make it a high potassium food.

Watch your serving size – no more than 5 servings a day.

To check the amount of potassium in food not on this list, call 8-1-1 and ask to speak to a dietitian

### **One serving = 1/2 cup** (unless indicated)

## Enjoy up to 5 servings per day



### Double boiling root vegetables lowers the amount of potassium



- Peel, cube or slice vegetables
- Add double the amount of water Bring to a boil, then drain the water

Limit servings of root vegetables to 1/2 cup per day (or as discussed with your dietitian).

Add fresh water, finish cooking, and drain again

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