

CONTROLLING POTASSIUM IN YOUR DIET

Avoid these High Potassium Rich Foods:

<u>Drinks:</u>	Orange Juice, Prune Juice, Tomato Juice, V-8 Juice
<u>Fruits:</u>	Apricots, Banana, Blackberries, Cantaloupe, Guava, Honeydew, Kiwi, Nectarine, Orange, Papaya, Passion Fruit, Pomegranates, Prunes, Raisins/Dried Fruit, Strawberries, Tangerines, Watermelon
<u>Vegetables:</u>	Avocado, Artichokes, Cabbage, Cucumber, <u>Raw</u> Carrots, Celery, and Potatoes (Unless leached), Beans, Lentils, Pumpkin, Sweet Potato, Tomato, Tomato Sauce and Tomato Paste, Broccoli, Brussels sprouts, Greens (Kale, Collards, Spinach, Turnip Greens), Mushrooms, Parsley.
<u>Other Foods:</u>	Bran Cereals, Sunflower Seeds, Molasses, And Bitter Chocolate.

What You Can Have: Low and Moderate Potassium Rich Foods:

<u>Drinks:</u>	<u>Low:</u> Cranberry Juice, Apple Juice, <u>Moderate:</u> Pineapple Juice, Grape Juice, Grapefruit Juice, Pear Nectar, Peach Nectar, Tea, Coffee, Kool-Aid
<u>Fruits:</u>	<u>Low:</u> Apples, Applesauce, Cranberries and Blueberries. <u>Moderate:</u> Cherries, Grapes, Grapefruit, Fresh or Canned Peaches, Fresh or Canned Pineapple, Plums, Fresh or Canned Pears, Canned Mandarin Oranges, Fruit Cocktail, Mangos, Raspberries.
<u>Vegetables:</u>	<u>Low:</u> Green Beans <u>Moderate:</u> Alfalfa Sprouts, Asparagus, Beets, <u>Cooked</u> Carrots Eggplant, Peas, Bell Pepper, Cauliflower, Cole Slaw, Corn, Lettuce, Okra, Onion, Radishes, Rutabaga, Summer Squash, Zucchini.
<u>Other Foods:</u>	Candy (without nuts, chocolate, raisins), Marshmallows, Sugar, Honey, Jams, Marmalades, Syrup, Cool Whip, Coffee Creamers.

Potatoes (How to decrease amount of Potassium)

White, Sweet Potatoes and Malanga:

- Peel and cut into cubes
- Soak overnight and change water in bowl (2 or 3 times)
- Boil until done
- If desired, freezes small portions for later use.
- Eat only small portions (for example 1 cup) no more than 2 times/week