High Potassium Foods

FRUITS
- Bananas
- Cantaloupe
- KIWI
- Mango
- Honeydew
- Fresh Peaches
- Nectarine
- Oranges
- Orange Juice
- Papaya
- Prunes
- Prune Juice
- Pomegranate
- Dried Fruit
- Raisins

VEGETABLES
- Artichokes
- Avocado
- Beets
- Bok Choy
- Edamame (soybeans)
- Lima Beans
- Mushrooms (cooked)
- Potatoes
- French Fries
- Rutabagas
- Spinach (cooked)
- Squash (Acorn)
- Squash (Butternut)
- Swiss Chard
- Tomatoes
- Butternut Squash
- Artichokes
- Avocado
- Beets
- Bok Choy
- Edamame (soybeans)
- Lima Beans
- Mushrooms (cooked)
- Potatoes
- French Fries
- Rutabagas
- Spinach (cooked)
- Squash (Acorn)
- Squash (Butternut)
- Swiss Chard
- Tomatoes

OTHERS
- Beans
- Salsa
- Powdered Drinks
- Ensure/Boost
- Coconut Water
- Milk
- Potato Salad
- Sweet Potato Pie
- Salt Substitute
- Molasses
- Spaghetti Sauce

Portion size for fruits and veggies is ½ c fresh, ½ c canned, ½ c cooked, ¼ c dried, and ½ c juice.

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!