Low Potassium Foods

**FRUITS**
- APPLES
- APPLESAUCE
- BERRIES
- CHERRIES
- CRAISINS
- CRANBERRIES
- FIGS
- GRAPES
- JUICE (NOT ORANGE)
- LEMONS/LIMES
- PEARS
- PINEAPPLE
- PLUMS
- FRUIT, CANNED
- WATERMELON

**VEGETABLES**
- ALFALFA SPROUTS
- ASPARAGUS
- BROCCOLI/CAULIFLOWER
- CABBAGE
- CARROTS
- CELERY
- CORN
- CUCUMBER
- EGGPLANT
- GREEN BEANS
- COLLARDS/KALE
- LEEK
- LETTUCE
- MIXED VEGGIES
- ONION
- PEAS
- PEPPERS
- RADISHES
- SPINACH (RAW)
- SUMMER SQUASH
- SPAGHETTI SQUASH
- TURNIPS
- WATER CHESTNUTS

**OTHERS**
- ALMOND MILK
- COFFEE
- ICED TEA
- HONEY
- PASTA SALAD
- PESTO
- POPCORN
- RICE
- COLESLAW
- NEPRO, ENSURE CLEAR, BOOST GLUCOSE, SUPLENA

Portion size is ½ c fresh, canned, or cooked; ¼ c dried, and ½ c juice.

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