



Foods High in Potassium

Foods with more than 200mg per serving
Based on ½ cup servings
(Unless indicated otherwise)

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

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	➔	Higher than 6.0 mmol/L

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

Fruits	Vegetables			
Apples	Alfalfa Sprouts	Lettuce (1 cup)		
Applesauce	Asparagus (4 spears)	Mushrooms, Shiitake (cooked), white (raw)		
Asian Pear	Bamboo shoots (canned)	Mustard Greens		
Berries (blackberries, blueberries, cranberries, gooseberries, strawberries)	Bean Sprouts	Okra		
Casaba Melon	Beet greens (raw)	Onions		
Cherries (10)	Bokchoy (raw)	Parsley		
Coconut meal (raw)	Broccoli (raw)	Peas, green (raw, canned)		
Crabapple	Cabbage	Peppers (all colours)		
Currants (fresh)	Collards	Potato (double boil)		
Figs (fresh)	Carrots (cooked)	Radicchio (1 cup)		
Fruit Cocktail (canned)	Cauliflower	Radish		
Grapes (16)	Celery (raw)	Seaweed		
Kumquat (5)	Cilantro	Shallots (1/4 cup)		
Lemon / Lime	Corn (canned)	Snap Peas		
Longan (15)	Corn on the cob (1/2 small)	Snow Peas		
Lychee (10)	Cucumber	Spinach (raw)		
Mandarin Orange	Eggplant	Spaghetti Squash		
Mango	Fennel bulb (raw)	Swiss Chard (raw)		
Nectarine (1/2 only)	Gai lan / Chinese Broccoli (cooked)	Tomato (1/2 medium, 1/2 cup Cherry, 1 Plum)		
Orange (1/3 small only)	Green beans	Turnip		
Papaya	Green onions	Water chestnuts (canned)		
Peach (1/2 only)	Jicama	Zucchini (raw)		
Pear	Kale			
Pineapple	Leeks			
Plum				
Rhubarb (cooked)				
Tangerine				
Watermelon (1 cup)				
Other: Chia Seeds (2 tablespoons)				
	Juices and Other Drinks			
	Apple	Apricot	Cranberry	Grape
	Papaya	Peach	Pear	Pineapple
	Soya Milk	Rice Milk	Almond Milk	

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
- Add fresh water, finish cooking, and drain again

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