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Food Sources for Potassium

Foods with high potassium content

All meats, poultry and fish are high in potassium. Apricots (fresh more so than canned), avocado, banana, cantaloupe, honeydew, kiwi, lima beans, milk, oranges and orange juice, potatoes (can be reduced to moderate by soaking peeled, sliced potatoes overnight before cooking), prunes, spinach, tomatoes, vegetable juice, winter squash

Foods with Medium Potassium Content

Apple juice, asparagus, beets, blackberries, broccoli, carrots, cherries, corn, eggplant, grapefruit, green peas, loose-leaf lettuce, mushrooms, fresh, Onions, peach, pears, pineapple, raisins, raspberries, strawberries, summer squash, including zucchini, tangerines, watermelon

Foods with low Potassium Content

Apples, bell peppers, blueberries, cabbage, cranberries, cranberry juice, cucumber, fruit cocktail, grapes, green beans, iceberg lettuce, mandarin oranges, canned, mushrooms, peaches (canned), pineapple (fresh), plums.