## 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.

