

Potassium

Potassium is found in many fruits and vegetables, such as bananas, potatoes, avocados, and melons. Check your blood tests to make sure that your potassium level stays in the normal range. If it begins to climb, talk with your dietitian about ways to limit the amount of potassium you eat. You may need to avoid some fruits and vegetables. You can reduce the potassium content of potatoes by soaking them in water for several hours before cooking.

Potassium Content of Foods

High-Potassium Foods	Lower-Potassium Alternatives
Oranges and orange juice	Apples and apple juice
Melons	Cranberry juice
Apricots	Canned fruit
Banana	Strawberries, blueberries, raspberries
Kiwi	Plums
Potatoes	Pineapple
Tomatoes	Cabbage
Sweet potatoes	Cauliflower
Cooked spinach	Mustard greens
Beans (baked, kidney, lima, pinto)	Broccoli

Source: United States Department of Agriculture (USDA) National Nutrient Database for Standard Reference, Release 17-1 (www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17a306.pdf; accessed June 3, 2005)