

# Low Potassium Food List

Patient's Name:

Date of Birth:

Gender:

Referring Physician's Name:

Potassium Levels (if needed):

Contact Information:

Notes:

## LOW POTASSIUM FOOD LIST

Low Potassium Foods	High Potassium Foods
<ul style="list-style-type: none"><li>• Fruits (Apples, Berries, Grapes, Cherries, Pineapple, Certain Citrus)</li><li>• Vegetables (Green Beans, Cabbage, Peas, Cucumber, Eggplant, Lettuce, Onions, Peppers, Zucchini)</li><li>• Protein (Eggs, Drained Canned Tuna, Specific Cheeses)</li><li>• Carbohydrates (White Rice, White Bread, White Pasta, Polenta, Cornmeal Grits)</li><li>• Drinks (Rice Milk, Coffee, Tea, Cakes/Pies/Cookies without chocolate)</li></ul>	<ul style="list-style-type: none"><li>• Fruits (Apricots, Dates, Avocados, Banana, Cantaloupe, Honeydew, Kiwi, Nectarine, Orange, Papaya, Pomegranate, Raisins, Prunes)</li><li>• Vegetables (Carrots, Broccoli, Beets, Artichokes, Leafy Greens except kale, Okra, Potatoes, Pumpkin, Tomatoes)</li><li>• Nuts, seeds, beans, and legumes</li><li>• Milk and Yogurt</li><li>• Bran and Granola</li><li>• Chocolate</li><li>• Molasses</li></ul>

### Sources:

Johnson, J. (2023, August 18). *The best foods to help lower potassium levels*. <https://www.medicalnewstoday.com/articles/low-potassium-foods#summary>

Pisacreta, E. (2023, November 13). *How to lower your potassium levels*. Healthline. <https://www.healthline.com/health/high-potassium/how-to-lower-your-potassium-levels#diet>