






## Foods High in Potassium

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

Fruits	Vegetables	Other foods
Apricots (fresh/raw/dried)	Artichoke (cooked)	Black licorice
Avocado	Asparagus (boiled)	Bran muffin
Banana	Beet Greens (boiled)	Bran cereals
Breadfruit	Bok Choy (cooked)	Chocolate
Cantaloupe	Broccoli (cooked/frozen)	Coconut milk (1/2 cup, 249 mg)
Carrots (raw grated)	Brussels Sprouts	Dried Beans
Coconut dried (unsweetened)	Celery (cooked)	Dried Peas
Coconut Water	Corn (cooked)	Edamame
Coconut Milk	Kohlrabi	Hemp seeds (2 tablespoons)
Dried Fruits	Mushrooms (dried and cooked)	Lentils
Durian	Parsnips (cooked)	Milk and Dairy products (limit to 1 cup/day = 366mg)
Guava	Peas, green (cooked)	Maple Syrup
Honeydew	Potatoes	Molasses
Jack fruit	Pumpkin	Nuts
Kiwi	Rutabaga	Salt Substitute
Nectarines	Seaweed (dried)	Seeds
Passion fruit	Spinach (cooked)	Soya flour
Papaya	Squash (acorn, butternut, hubbard, zucchini)	
Peach (medium)	Sweet Potato	
Pear (medium)		
Persimmon, Japanese (medium)		
Plantain		
Pomegranate		
Pummelo		
Strawberries		
		
	<b>Juices</b>	
	Carrot	
	Coconut water	
	Grape fruit	
	*Do not drink within 2 hour of taking your heart pills	
	Orange	
	Passion fruit	
	Pomegranate	
	Prune	
	Tomato	
	Vegetable	
		

### What should your blood Potassium level be?

<b>Danger to low</b>	➔	<b>Lower than 3 mmol/L</b>
<b>Safe (Normal)</b>	➔	<b>3.5-5.0 mmol/L</b>
<b>Caution</b>	➔	<b>5.0-6.0 mmol/L</b>
<b>Danger to high</b>	➔	<b>Higher than 6.0 mmol/L</b>

# Foods with less Potassium – Better Food Choices

**Note:** Almost all foods contain some potassium.

Watch your serving size. A larger serving of a low potassium food can make it a high potassium food.

To check the amount of potassium in food not on this list, check <http://ndb.nal.usda.gov/ndb/search/list>

**One serving = 1/2 cup**

**Enjoy up to 5 servings per day**

Fruits	Vegetables	
Apples	Alfalfa Sprouts	Okra
Applesauce	Asparagus (fresh/raw)	Onions
Apricots (canned)	Bamboo shoots, (canned)	Parsley
Berries (blackberries, blueberries, boysenberries, cranberries, gooseberries, loganberries, raspberries, strawberries)	Bean Sprouts	Peas, green (raw)
Casaba Melon	Beets (boiled)	Peppers (Raw: Red, Green)
Cherries	Bitter melon	Potato (double boil)
Coconut (raw/shredded)	Bokchoy (raw)	Radicchio
Crabapple	Broccoli (raw)	Radishes
Currants, fresh	Cabbage	Seaweed (raw)
Figs fresh	Chia seeds (2 tablespoons)	Shallots
Fruit Cocktail (canned)	Collards	Spinach (raw)
Grapes (red/green)	Carrots (double boil)	Summer squash
Grapefruit	Cauliflower	Spaghetti Squash
★ Do not drink within 2 hour of taking your heart pills	Celery (raw)	Swiss Chard (raw)
Kumquat	Cilantro	Turnip (double boil)
Lemon /Lime	Corn (canned)	Water chestnuts (canned)
Longans	Cucumber	
Lychee	Eggplant	<b>Juices</b>
Mandarin Orange	Fennel bulb	Apple juice
Mango	Gai lan (Chinese Broccoli)	Apricot Nectar
Oranges	Green beans	Grape Juice
Pineapple	Green onions	Papaya nectar
Plums	Jicama (double boil)	Peach Nectar
Rhubarb	Kale (boiled)	Pear Nectar
Tangerine	Leeks	Pineapple Juice
Watermelon	Lettuce	
	Mushrooms, raw	
	Mustard Greens	

## 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)

References: Pennington, J.A.t, Spungen, J. (2012). Bowes & Church's food Values of Portions Commonly Used. 19th Edition. USDA National Nutrient Database for Standard Reference (Release 25) website: <http://ndb.nal.usda.gov/ndb/foods/list>

March 7, 2016. For more information on heart failure, go to [www.bcheartfailure.ca](http://www.bcheartfailure.ca).

The information in this document is intended solely for the person to whom it was given by the healthcare team.