

Item	Low Potassium Foods (< 100 mg/serving)	Medium Potassium Foods (101-200 mg/serving)	High Potassium Foods (> 201 mg/serving)
Vegetables	<ul style="list-style-type: none"> Alfalfa sprouts Cabbage, raw Cucumber Cauliflower, boiled Green/yellow wax beans, frozen, boiled Green peas, frozen, boiled Leeks Snow peas, raw Water chestnuts, canned Bean sprouts Endive Lettuce Pepper (green/red) Radish – 8 small 	<ul style="list-style-type: none"> Mix Vegetables Asparagus Beets, canned or pickle Broccoli, raw Cabbage, boiled Carrots, boiled Cauliflower, raw Celery, raw, 1 stalk Corn Chives Kale Eggplant Mushrooms, canned or raw Onions Okra Peas, green, fresh or canned Sauerkraut Soaked and boiled potato/sweet potato/carrot/turnip Spinach, raw Turnip Zucchini, raw <p>To decrease the potassium content: Cover up cut-up potato/sweet potato/carrot/turnip with water. Soak overnight (or at least 4 hours). Drain and boil in fresh water</p>	<ul style="list-style-type: none"> Artichoke Baked potato, canned Bean sprouts Beets, or beet greens Beans (white) Black eyed peas Bok Choy Broccoli, cooked Brussels sprouts Butternut/Acorn squash Carrots, raw Collard Greens Kidney beans Lentils Lima beans Mushrooms, cooked or dried Parsnips Pumpkin Red cabbage, cooked Rutabaga Scalloped potatoes Snow peas Spinach, boiled Split peas Sweet potato Swiss Chard Tomato & tomato products (sauce, paste) Water Chesnutt – raw Zucchini, cooked
Fruits	<ul style="list-style-type: none"> Apple sauce Blueberries Cranberries – 1 cup 	<ul style="list-style-type: none"> Apple, applepear (fresh) Apricots, canned 	<ul style="list-style-type: none"> All dried fruits (i.e. Dates, figs, prunes,

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	<ul style="list-style-type: none"> • Pears, canned • Raspberries • Watermelon • Lemon • Lime • Boysenberries 	<ul style="list-style-type: none"> • Blackberries • Cherries – 10 • Crabapples • Fruit cocktail – canned • Gooseberries • Grapefruit (1/2 small – check meds) • Grapes (15) • Mandarin, fresh (1 medium), canned • Mango – 1/2 medium • Peach, fresh or canned • Pineapple, canned, fresh • Plums, canned • Raisins – 2 tbsp • Rhubarb • Saskatoon berries • Strawberries • Tangerine • Watermelon – 1 cup 	<ul style="list-style-type: none"> raisins, peaches, pears) • Apricots, fresh, frozen, dried • Avocado • Banana • Cantaloupe • Honeydew • Kiwi • Nectarine • Orange • Pears, fresh • Plums, fresh • Pomegranate • Pommelo • Tangelos
Grain Products	<ul style="list-style-type: none"> • Bread, white,rye • Cooked pasta/noodles • Cooked white rice • Crackers • Cream of wheat • Most ready to eat cereals without bran or granola (except those marked in the other columns) 	<ul style="list-style-type: none"> • Cooked oatmeal • Mini wheats cereal 	<ul style="list-style-type: none"> • All bran cereals • Raisin Bran • Granola cereals • Rice, Brown or wild • Bran muffins
Milk & Alternatives	<ul style="list-style-type: none"> • All cheeses and cheese spreads (50 g serving) • Sour cream 	<ul style="list-style-type: none"> • Cottage cheese • Frozen yogurt • Ice cream <p>Note: 1/2 cup dairy allowed per day for a Low Potassium diet</p>	<ul style="list-style-type: none"> • All fluid milks (including cows, chocolate milk, coconut milk) • Yogurt
Meat & Alternatives	<ul style="list-style-type: none"> • Egg 	<p>Note: Limit the following to 2 serving per day on low potassium diet</p> <ul style="list-style-type: none"> • Beef • Poultry • Pork 	<ul style="list-style-type: none"> • Almonds, peanuts, pistachios • Cooked beans and lentils and other legumes

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		<ul style="list-style-type: none"> • Lamb • Fish • Deli Meats 	<ul style="list-style-type: none"> • Peanut butter (limit 2 tbsp/day) • Pecans, walnuts, cashews, macadamia nuts, hazelnuts, mixed nuts • Pork n beans
Soups	<ul style="list-style-type: none"> • Soups with low potassium ingredients 	<ul style="list-style-type: none"> • Soups made with medium potassium ingredients 	<ul style="list-style-type: none"> • Soups made with high potassium ingredients
Oils & Fats	<ul style="list-style-type: none"> • All oils and fats allowed 	<ul style="list-style-type: none"> • All oils and fats allowed 	<ul style="list-style-type: none"> • All oils and fats allowed
Desserts & Sweets	<ul style="list-style-type: none"> • White Cakes, cookies, muffins • Hard candies • Jam, honey, corn syrup • White sugar • Desserts made with 'low potassium' choices 	<ul style="list-style-type: none"> • Desserts made with medium potassium ingredients. 	<ul style="list-style-type: none"> • Maple syrup • Chocolate and chocolate covered nuts • Milk puddings made from instant mix4 • Fruit cake
Fluids	<ul style="list-style-type: none"> • Carbonated beverages • Club Soda • Cranberry cocktail • Iced Tea • Lemon/lime juice • Lemonade • Low Calorie powder mix ie. Crystal light • Tea (< 3 cups/day) • Crabapple juice • Papaya, peach, or pear nectar • Limeaide 	<ul style="list-style-type: none"> • Apple juice • Apricot nectar • Coffee – limit to 2 cup per day • Grape juice • Pineapple juice • Low sodium Clamato® juice • Grapefruit juice 	<ul style="list-style-type: none"> • Carrot juice • Clamato • Coconut water/milk • Eggnog • Five Alive® • Orange juice • Passion fruit • Prune juice • Tangerine • Tomato/V8® • Vegetable juice
Miscellaneous	<ul style="list-style-type: none"> • Salt/Pepper • White vinegar • Herbs/spices • Cornstarch • Ketchup (15 ml =57mg) • Mustard (15 ml=22 mg) • Dill pickles (1=75mg) • Nepro carb steady • Novasource renal • Boost Diabetic 	<ul style="list-style-type: none"> • Jams (strawberry, raspberry, maramalade) 	<ul style="list-style-type: none"> • Molasses • Potato Chips/French Fries • Brown Sugar • Salt substitutes • Boost • Resource 2.0 • Ensure • Chocolate Bar • Cream of Tartar

Notes:

- General Guidelines:
 - For low potassium diets, only serve foods from the 'Low' and 'Medium' lists, and avoid serving foods from the 'High' list
 - For high potassium diets, try to serve foods mostly from the 'High' list

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN)
- Nutrient Value of Some Common Foods -Health Canada 2008
- Potassium List- Extended – Winnipeg Regional Health Authority (2012)