

Low Potassium Food Choices:

Although the following food choices are considered low potassium foods, they still contain potassium. A large portion of low potassium foods can lead to a high potassium intake. Given that you are following a low potassium diet, please maintain reasonable portions of the low potassium food choices listed below.

FRUITS	VEGETABLES	OTHER FOODS
Apples	Alfalfa sprouts	Crackers
Applesauce	Asparagus	Hard Candies
Blackberries	Beans	Jam and Jelly
Boysenberries	Bean sprouts	Kool-Aid
Cherries	Beets	Mrs.Dash
Clementines	Broccoli	Soft Drinks
Cranberries	Cabbage	Tea
Canned fruit**	Carrots	White Bread
Gooseberries	Cauliflower	
Grapes	Corn niblets	
Lemons	Cucumber - peeled	
Limes	Eggplant	
Loganberries	Endive	
Mandarin Oranges	Iceberg Lettuce	
Pears	Leeks	
Pineapple	Mushrooms	
Raspberries	Okra	
Strawberries	Onions	
Tangerines	Parsley	
Watermelon	Peas	
Juice of these fruits	Peppers	
	Radicchio	
	Radish	
	Snow Peas	
	Spaghetti Squash	
	Zucchini - peeled	

** Canned Fruit must be drained

Remember that a healthy amount of water intake on a daily basis and avoiding dehydration will help keep your potassium levels stable as well.

Dr. A. Kadri and Staff

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