

Low Potassium Foods

FRUITS



APPLES



APPLESAUCE



BERRIES



CHERRIES



CRAISINS



CRANBERRIES



FIGS



GRAPES



JUICE
(NOT ORANGE)



LEMONS/LIMES



PEARS



PINEAPPLE



PLUMS



FRUIT, CANNED



WATERMELON

VEGETABLES



ALFALFA
SPROUTS



ASPARAGUS



BROCCOLI/
CAULIFLOWER



CABBAGE



CARROTS



CELERY



CORN



CUCUMBER



EGGPLANT



GREEN BEANS



COLLARDS/KALE



LEEK



LETTUCE



MIXED VEGGIES



ONION



PEAS



PEPPERS



RADISHES



SPINACH
(RAW)



SUMMER
SQUASH



SPAGHETTI
SQUASH



TURNIPS



WATER
CHESTNUTS

OTHERS



ALMOND MILK



COFFEE



ICED TEA



HONEY



PASTA SALAD



PESTO



POPCORN



RICE



COLESLAW



NEPRO, ENSURE CLEAR, BOOST GLUCOSE, SUPLENA

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!

Portion size is 1/2 c fresh, canned, or cooked; 1/4 c dried, and 1/2 c. juice.