

For diabetics: \_\_\_\_\_

CHOOSE: \_\_\_\_\_ EACH DAY

**FRUIT**

CHOOSE: \_\_\_\_\_ EACH DAY



CHOOSE: \_\_\_\_\_ EACH WEEK

| LOW POTASSIUM FRUIT<br>1-150 MG                       |                               |                                    |                           | HIGH POTASSIUM FRUIT<br>MORE THAN 251 MG |                         |     |
|-------------------------------------------------------|-------------------------------|------------------------------------|---------------------------|------------------------------------------|-------------------------|-----|
| 1ST CHOICE                                            | Applesauce                    | 91                                 | Apple, raw (1 medium)     | 159                                      | Apricots, fresh         | 313 |
|                                                       | Apple Juice                   | 194                                | Cantaloupe, cubed         | 247                                      | Banana                  | 451 |
|                                                       | Apricots, canned              | 139                                | Currants, fresh           | 180                                      | Dates, dried (5 medium) | 271 |
|                                                       | Apricot nectar                | 143                                | Grape Juice               | 167                                      | Figs, dried (5 medium)  | 675 |
|                                                       | Blackberries                  | 141                                | Grapefruit (1/2 medium)   | 175                                      | Kiwifruit (1 medium)    | 252 |
|                                                       | Blueberries                   | 65                                 | Grapefruit Juice          | 200                                      | Mango (1 medium)        | 322 |
|                                                       | Boysenberries                 | 115                                | Honeydew (cubed)          | 230                                      | Nectarine (1 medium)    | 288 |
|                                                       | Cherries, sour                | 119                                | Orange (1 medium)         | 250                                      | Papaya (1 medium)       | 780 |
|                                                       | Cherries, raw                 | 34                                 | Orange Juice              | 240                                      | Prune Juice             | 353 |
|                                                       | Cranberry Juice               | 40                                 | Peaches, and juice pack   | 160                                      | Plantain, cooked        | 358 |
|                                                       | Fig, raw (1 medium)           | 116                                | Peach, raw (1 medium)     | 182                                      | Pomegranate (1 medium)  | 399 |
|                                                       | Fruit Cocktail and juice pack | 115                                | Pear, raw (1 medium)      | 208                                      |                         |     |
|                                                       | Grapes (about 10)             | 88                                 | Pineapple, and juice pack | 152                                      |                         |     |
|                                                       | Grape Juice Drink             | 44                                 | Pineapple Juice           | 167                                      |                         |     |
|                                                       | Lemon, raw (1 medium)         | 80                                 | Prunes (5 prunes)         | 194                                      |                         |     |
| Lemon Juice                                           | 120                           | Prunes, dried (3 prunes)           | 189                       |                                          |                         |     |
| Lime, raw                                             | 68                            | OTHER FOODS THAT CONTAIN POTASSIUM |                           |                                          |                         |     |
| Mandarin Oranges (juice pack)                         | 104                           | Cocoa (1 tbsp)                     | 82                        | Peanut Butter (2 tbsp)                   | 230                     |     |
| Pear, and juice pack                                  | 119                           | Coffee (6 oz brewed)               | 124                       | Raisins Bran Cereal (1 cup)              | 360                     |     |
| Persimmons (1 medium)                                 | 78                            | Milk (any type)                    | 400                       | Salt Substitute/Lite Salt                | 900-1500                |     |
| Pineapple, raw                                        | 88                            | Nuts & Seeds                       | 150-250                   | Soy Milk (1 cup)                         | 338                     |     |
| Plum, raw                                             | 113                           | Molasses (1 tbsp)                  | 293                       | Tea (6 oz brewed)                        | 27                      |     |
| Rasberries                                            | 94                            | Oatmeal, regular (3/4 cup)         | 99                        | Yogurt (6 oz)                            | up to 600               |     |
| Strawberries, whole                                   | 123                           |                                    |                           |                                          |                         |     |
| Tangerine (1 medium)                                  | 132                           | ***YOU CAN HAVE COFFEE OR TEA***   |                           |                                          |                         |     |
| Watermelon (cubed)                                    | 88                            |                                    |                           |                                          |                         |     |
| *** SERVING SIZE : 1/2 CUP UNLESS OTHERWISE NOTED *** |                               |                                    |                           |                                          |                         |     |

1ST CHOICE

2ND CHOICE

# VEGETABLES



CHOOSE: \_\_\_\_\_ EACH DAY

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CHOOSE: \_\_\_\_\_ EACH WEEK

| 1-150 MG                                                            |         | 151-250 MG                       |     | MORE THAN 251 MG            |      |
|---------------------------------------------------------------------|---------|----------------------------------|-----|-----------------------------|------|
| Asparagus (cooked)                                                  | 144     | Artichoke Hearts                 | 222 | Artichoke (fresh, 1 medium) | 425  |
| Beans; green or waxed, canned                                       | 74      | Broccoli (fresh, cooked)         | 178 | Avocado (1 medium raw)      | 1484 |
| Beets (canned)                                                      | 144     | Broccoli (raw)                   | 165 | Baked Beans (cooked)        | 376  |
| Cauliflower (frozen or cooked)                                      | 125     | Brussel Sprouts (fresh, cooked)  | 247 | Beet Greens (fresh, cooked) | 354  |
| Carrots, baby (raw 5)                                               | 125     | Carrots (fresh, cooked)          | 177 | Black Beans (cooked)        | 305  |
| Cabbage (raw)                                                       | 86      | Carrots (fresh, raw)             | 233 | Blackeyed Peas (cooked)     | 348  |
| Celery (raw)                                                        | 115     | Cauliflower (fresh, cooked)      | 200 | Kidney Beans (cooked)       | 357  |
| Collard Greens (fresh, cooked)                                      | 110-247 | Cauliflower (raw)                | 152 | Lentils (cooked)            | 365  |
| Corn (frozen)                                                       | 121     | Chickpeas (fresh, cooked)        | 238 | Lima Beans (frozen, cooked) | 347  |
| Cucumber (raw)                                                      | 81      | Corn Cob (1 ear)                 | 192 | Navy Beans (cooked)         | 335  |
| Dandelion Greens (cooked)                                           | 121     | Green Beans (fresh, cooked)      | 185 | Okra (fresh, cooked 8 pods) | 274  |
| Eggplant (cooked)                                                   | 119     | Mushrooms (cooked)               | 227 | Pinto Beans (cooked)        | 402  |
| Grape Leaves (raw)                                                  | 38      | Onions (fresh, cooked)           | 174 | Potato (diced and boiled)   | 256  |
| Green Peppers (raw 1/2 medium)                                      | 106     | Spinach, chopped (raw)           | 167 | Potato (baked w/skin)       | 844  |
| Kale (fresh, cooked)                                                | 148     | Summer Squash, zucchini (cooked) | 200 | Potato (mashed)             | 303  |
| Lettuce, Iceberg (raw)                                              | 43      |                                  |     | Soybeans (cooked)           | 443  |
| Lettuce, Leaf (raw)                                                 | 74      |                                  |     | Spinach (fresh, cooked)     | 419  |
| Lettuce, Romaine (raw)                                              | 74      |                                  |     | Squash, acorn (cooked)      | 446  |
| Mushrooms (raw)                                                     | 130-259 |                                  |     | Squash, butternut (cooked)  | 290  |
| Mustard Greens (fresh, cooked)                                      | 141     |                                  |     | Sweet Potato (baked)        | 396  |
| Onions (raw)                                                        | 125     |                                  |     | Swiss Chard (cooked)        | 483  |
| Peas (canned, frozen or cooked)                                     | 147     |                                  |     | Tomato (1 small)            | 273  |
| Radish (raw 10 small)                                               | 104     |                                  |     | Tomato Paste (1/4 cup)      | 610  |
| Rhubarb (frozen or cooked)                                          | 115     |                                  |     | Tomatoes (stewed)           | 452  |
| Squash, zucchini (raw)                                              | 126     |                                  |     | Tomato Juice                | 268  |
| Turnip (fresh)                                                      | 106     |                                  |     | Tomato Juice Low Sodium     | 234  |
| *** SERVING SIZE: 1/2 CUP UNLESS OTHERWISE NOTED 68 mg= 1 slice *** |         |                                  |     | Tomato Sauce                | 455  |

1ST CHOICE

2ND CHOICE

RICE & PASTA ARE SAFER THAN POTATOES  
1/2 CUP = 1 SERVING 1 CUP = 2 SERVINGS

IF YOUR POTASSIUM IS 5 OR ABOVE, STAY AWAY FROM HIGH SIDE  
IF YOUR POTASSIUM IS UNDER 5, IT'S OK FOR YOU TO HAVE 1 FROM THIS GROUP ONCE A