



Low-Potassium Fruits and Vegetables

(foods with less than 120 mg potassium/serving)

Low-potassium fruits:

- Apples and applesauce
- Blackberries
- Blueberries
- Canned peaches
- Canned pears
- Cranberries
- Fruit cocktail
- Grapes
- Lemons and limes
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Low-potassium vegetables:

- Cabbage, raw
- Canned beets
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Green beans
- Lettuce
- Mushrooms
- Onions
- Radishes
- Wax beans

Reference: USDA Agriculture Research Service Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed April 8, 2008.



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Instructions: Cut on dotted lines. If you use a paper cutter, align using guidelines along paper's edge.



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