

guides for paper cutter



### Medium-Potassium Fruits and Vegetables

(fruits and vegetables with 120–250 mg potassium/serving)

#### Medium-potassium fruits:

- Cherries
- Figs
- Orange, fresh
- Peach, fresh
- Pear, fresh
- Grapefruit

#### Medium-potassium vegetables:

- Asparagus
- Broccoli
- Cabbage, cooked
- Celery
- Mixed vegetables
- Peas
- Peppers
- Rhubarb
- Turnips
- Zucchini

**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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