

High-Potassium Fruits and Vegetables

(fruits and vegetables with more than 250 mg potassium/serving)

High-potassium fruits:

- Apricots
- Banana
- Cantaloupe
- Dates
- Honeydew
- Kiwi
- Mango
- Nectarine
- Orange juice
- Prunes
- Raisins
- Papaya

High-potassium vegetables:

- Artichoke
- Avocado
- Beets, fresh
- Brussels sprouts
- Parsnips
- Potatoes
- Pumpkin
- Spinach
- Sweet potatoes
- Tomato
- Winter squash
- Yams

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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