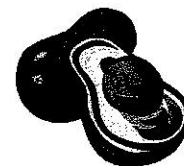
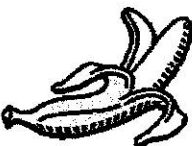
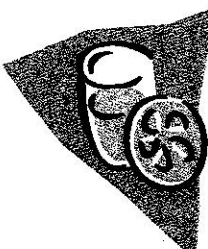




HIGH POTASSIUM FOODS WHICH SHOULD BE LIMITED

ONE SERVING = ½ cup

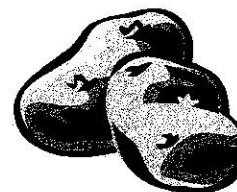


FRUITS	VEGETABLES	JUICES	OTHER FOODS
Avocado Banana Breadfruit Cantaloupe Dates Dried Fruits Honeydew Kiwi Fruit Nectarine Orange Papaya Pomegranate Prunes Raisins 	Acorn Squash Artichoke Baked Potato Beets (cooked) Beet Greens Brussels Sprouts Butternut Squash Mushrooms (dried & cooked) French Fries Hubbard Squash Lima Beans Parsnips Spinach Sweet Potato Swiss Chard Taro Root Tomato Paste Tomato Sauce Yams	Carrot Juice Orange Juice Prune Juice Tomato Juice Vegetable Juice 	High Bran Cereals Chocolate Dried Beans Dried Peas Legumes Lentils Milk and Dairy products (limit to 1 cup/day) Molasses Nuts Peanuts Potato Chips Seeds Salt Substitute (ie Nu-Salt®, NoSalt®, Half Salt®)

****WARNING:** People with low kidney function should not consume Starfruit (Carambola).

SOAKING POTATOES TO LOWER THE POTASSIUM

1. Peel potatoes and slice thinly, rinse.
2. Place sliced potatoes in a large bowl of water, using at least five times more water than potatoes.
3. Soak for at least two hours. Drain and rinse potatoes.
4. Boil potatoes in plenty of fresh water, drain and discard cooking liquid.
5. Potatoes that have been soaked this way can be fried, mashed, scalloped or put in soups or stews

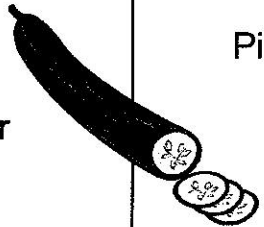


What is the desired blood potassium level?

Good	=	3.5 – 5.0
Caution	=	5.0 – 6.0
Danger	=	higher than 6.0

LOW / MODERATE POTASSIUM FOODS BETTER CHOICES

Note: Almost all foods contain some potassium. A large portion of a low potassium food can turn it into a high potassium food. Watch your serving sizes.
ONE SERVING = ½ cup

FRUITS Suggested serving = 1 - 2 per day	VEGETABLES Suggested servings = 2 - 4 per day	JUICES Suggested serving = limit to ½ cup per day
Apples Applesauce Apricots Blackberries Blueberries Boysenberries Casaba Melon Cherries Cranberries Currents, fresh Gooseberries Grapes Grapefruit (1/2) Lemon Lime Loganberries Lychee Mandarin Orange Mango (1/2) Peach Pear Pineapple Plums Raspberries Rhubarb Strawberries Tangerine Watermelon 	Alfalfa Sprouts Asparagus Bean Sprouts Beets, canned Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumber Eggplant Green beans Leeks Lettuce Mushrooms, raw Okra Onions Peas, green Peppers (Red, Green, Chili) Potato (soaked, limit ½ cup per day) Radishes Seaweed Spaghetti Squash Fresh Tomato Turnip Zucchini 	Apple juice Apricot Nectar Grape Juice Peach Nectar Pear Nectar Pineapple Juice VERY LOW POTASSIUM JUICES ☺ Cranberry Cocktail Lemonade Limeade 