

PROGRESSIVE MEDICAL CLINIC, LLP

Potassium and Your Health



Vegetables	Fruits	Starches
High Potassium (201 – 350mg)		
Tomato, Asparagus, Okra, Celery, Spinach, Avocado (1/4), Beets, Brussels Sprouts, Mushrooms, Vegetable Juice (unsalted)	Banana (1/2), Apricot, Cantaloupe (1/8), Honeydew (1/8), Orange, Nectarine, Prunes (4), Orange Juice, Kiwi	Beans, Lentils, Winter Squash (1/4 cup), Potatoes, Sweet Potatoes, Pumpkin
Medium Potassium (101 – 200mg)		
Broccoli, Carrots, Eggplant, Cauliflower, Snow Peas, Bell peppers (1/2), Mustard/Turnip Greens, Cabbage, Onions, Artichoke, Radish	Apple, Mango, Papaya, Peach, Pineapple, Tangerine, Plum, Grapes (15), Raspberries, Strawberries, Raisins (2 tbsp.), Watermelon (1 cup), Grapefruit (1/2 small), Lemon Juice	Pumpnickel Bread (1), Corn, Summer Squash, Green Peas, Turnips, Corn Tortillas (4)
Low Potassium (0 – 100mg)		
Cucumber, Asparagus, Lettuce (all varieties), Water Chestnuts (canned), Green Beans, Bean Sprouts, Bamboo Shoots (canned)	Apple Sauce, Blueberries, Cranberries (1 cup), Grape Juice, Peach Juice, Pear Juice, Papaya Juice, Cranberry Juice	Bagel (1), Bread (2 slices), Oatmeal (3/4 cup), Pasta (1 cup), Rice (1 cup)