



STRIVING TO IMPROVE THE HEALTH AND WELLBEING OF THE HOMELESS



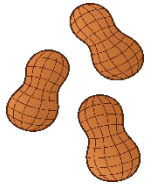
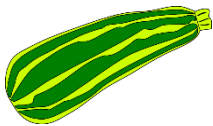
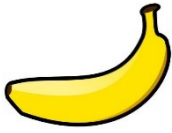
Potassium

High Potassium Foods

If your potassium levels are HIGH- Avoid these foods

If your potassium levels are LOW- Eat more of these foods

<u>Fruits</u>	<u>Vegetables</u>	<u>Other</u>
Apricots	Artichokes	Chocolate
Avocados	Beans: black, kidney, lima, pinto, red, white, etc.	Cocoa
Bananas	Parsnips	Custard
dried fruit: dates, figs, prunes	Greens: beet, chard, collard, kale, spinach, turnip	Lentils
Kiwi	Potatoes: sweet, white, fries, chips etc.	Milk
Mango	Pumpkins	Milk drinks
Melons	Tomatoes: fresh, canned, paste, sauce, soup, juice	Milkshakes
Nectarines	Winter Squash	Milkshakes
Orange	Yam	Nut butters
Papaya	Zucchini	Nuts
Fresh Peaches		Peanut butter
Fresh Pears		Peanuts
*Juices from these fruits		Pudding
		Salt substitutes
		Yogurt



Lower Potassium Foods

Choose these more often if your potassium levels are high

<u>Fruits</u>	<u>Vegetables</u>	<u>Other</u>
Apples, applesauce	Beans : green, wax	Bread products
Blackberries	Cabbage	Nondairy creamer
Blueberries	Cauliflower	Pasta
Cranberries	Celery	Rice
Grapes	Corn	Tortillas
Canned Peaches	Crookneck squash	
Canned Pears	Cucumber	
Pineapples, lemons, limes	Eggplant	
Plums	Lettuce	
Raspberries	Fresh onion	
Strawberries	Green Peas	
Juice or nectar made from these	Peppers	
	Radish	
	Summer squash	

