

# Potassium Guide

FOR KIDNEY PATIENTS

## VEGETABLES

1/2 Cup Fresh or Cooked

	Potassium		Potassium
<input type="checkbox"/> Artichoke	> 250 mg	<input type="checkbox"/> Okra	> 250 mg
<input type="checkbox"/> Asparagus	150-250 mg	<input type="checkbox"/> Onion	<150 mg
<input type="checkbox"/> Avocados	> 250 mg	<input type="checkbox"/> Parsnips	> 250 mg
<input type="checkbox"/> Bean sprouts	<150 mg	<input type="checkbox"/> Peas	150-250 mg
<input type="checkbox"/> Beets (Canned)	<150 mg	<input type="checkbox"/> Peppers	150-250 mg
<input type="checkbox"/> Beets (Fresh)	> 250 mg	<input type="checkbox"/> Potatoes	> 250 mg
<input type="checkbox"/> Broccoli & Broccoli Rabe	150-250 mg	<input type="checkbox"/> Pumpkin	> 250 mg
<input type="checkbox"/> Brussels sprouts	> 250 mg	<input type="checkbox"/> Radish	<150 mg
<input type="checkbox"/> Cabbage	<150 mg	<input type="checkbox"/> Rutabaga	150-250 mg
<input type="checkbox"/> Carrots	<150 mg	<input type="checkbox"/> Spinach	> 250 mg
<input type="checkbox"/> Cauliflower	<150 mg	<input type="checkbox"/> Squash (all types)	150-250 mg
<input type="checkbox"/> Celery	150-250 mg	<input type="checkbox"/> Summer Squash	150-250 mg
<input type="checkbox"/> Chard	> 250 mg	<input type="checkbox"/> Sweet Potatoes	> 250 mg
<input type="checkbox"/> Chinese cabbage	150-250 mg	<input type="checkbox"/> Tomato	> 250 mg
<input type="checkbox"/> Corn	<150 mg	<input type="checkbox"/> Tomato Products Low Sodium	150-250 mg
<input type="checkbox"/> Cucumber	<150 mg	<input type="checkbox"/> Turnips	150-250 mg
<input type="checkbox"/> Endive	<150 mg	<input type="checkbox"/> Water Chestnuts	<150 mg
<input type="checkbox"/> Eggplant	<150 mg	<input type="checkbox"/> Watercress	<150 mg
<input type="checkbox"/> Green or wax beans	<150 mg	<input type="checkbox"/> Winter Squash	> 250 mg
<input type="checkbox"/> Greens	> 250 mg	<input type="checkbox"/> Yams	> 250 mg
<input type="checkbox"/> Kale	150-250 mg	<input type="checkbox"/> Zucchini	150-250 mg
<input type="checkbox"/> Kohlrabi	> 250 mg	<input type="checkbox"/>	
<input type="checkbox"/> Leeks	<150 mg	<input type="checkbox"/>	
<input type="checkbox"/> Lettuce	<150 mg	<input type="checkbox"/>	
<input type="checkbox"/> Mixed Vegetables	150-250 mg	<input type="checkbox"/>	
<input type="checkbox"/> Mushrooms	<150 mg	<input type="checkbox"/>	

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## FRUITS

1/2 Cup Fresh or Cooked

	Potassium		Potassium
<input type="checkbox"/> Apples <small>Peeled</small>	<150 mg	<input type="checkbox"/> Papaya	150-250 mg
<input type="checkbox"/> Applesauce	<150 mg	<input type="checkbox"/> Peaches <small>Canned</small>	<150 mg
<input type="checkbox"/> Apricots	> 250 mg	<input type="checkbox"/> Peaches <small>Fresh</small>	150-250 mg
<input type="checkbox"/> Bananas	> 250 mg	<input type="checkbox"/> Pears <small>Canned</small>	<150 mg
<input type="checkbox"/> Blackberries	<150 mg	<input type="checkbox"/> Pears <small>Fresh</small>	150-250 mg
<input type="checkbox"/> Cantaloupe	150-250 mg	<input type="checkbox"/> Pineapple	<150 mg
<input type="checkbox"/> Cherries	150-250 mg	<input type="checkbox"/> Plums	<150 mg
<input type="checkbox"/> Dates	> 250 mg	<input type="checkbox"/> Prunes	> 250 mg
<input type="checkbox"/> Figs	150-250 mg	<input type="checkbox"/> Raisins	> 250 mg
<input type="checkbox"/> Fruit Cocktail	<150 mg	<input type="checkbox"/> Raspberries	<150 mg
<input type="checkbox"/> Grapes	<150 mg	<input type="checkbox"/> Rhubarb	150-250 mg
<input type="checkbox"/> Lemons	<150 mg	<input type="checkbox"/> Strawberries	<150 mg
<input type="checkbox"/> Mangoes	150-250 mg	<input type="checkbox"/> Tangerines	<150 mg
<input type="checkbox"/> Nectarines	> 250 mg	<input type="checkbox"/> Watermelon	<150 mg
<input type="checkbox"/> Oranges	> 250 mg	<input type="checkbox"/>	

## JUICES

8 oz. serving

	Potassium		Potassium
<input type="checkbox"/> Apple Juice	<150 mg	<input type="checkbox"/> Orange Juice	> 250 mg
<input type="checkbox"/> Apricot Nectar	<150 mg	<input type="checkbox"/> Papaya Nectar	<150 mg
<input type="checkbox"/> Cranberry Juice	<150 mg	<input type="checkbox"/> Peach Nectar	<150 mg
<input type="checkbox"/> Grape Juice	150-250 mg	<input type="checkbox"/> Pear Nectar	<150 mg
<input type="checkbox"/> Grapefruit Juice	150-250 mg	<input type="checkbox"/> Pineapple Juice	150-250 mg
<input type="checkbox"/> Lemon Juice	<150 mg	<input type="checkbox"/> Prune Juice	> 250 mg
<input type="checkbox"/> Lime Juice	<150 mg	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

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## BEVERAGES

8 oz. serving

	Potassium		Potassium
<input type="checkbox"/> Coffee 6 oz. Brewed	<150 mg	<input type="checkbox"/> Tea 6 oz. Brewed	<150 mg
<input type="checkbox"/> Ginger Ale 12 oz. Decafe	<150 mg	<input type="checkbox"/> Whole Milk 8 oz.	> 250 mg
<input type="checkbox"/> Low Fat Milk 8 oz.	> 250 mg	<input type="checkbox"/>	

## STARCHES

1/2 Cup Fresh or Cooked

	Potassium		Potassium
<input type="checkbox"/> Baked Potato Baked	> 250 mg	<input type="checkbox"/> Pumpernickel Bread	150-250 mg
<input type="checkbox"/> Corn Tortillas Four	150-250 mg	<input type="checkbox"/> Pumpkin	> 250 mg
<input type="checkbox"/> Oatmeal one cup Regular	<150 mg	<input type="checkbox"/> Rice Brown or White	<150 mg
<input type="checkbox"/> Paenuts Unsaulted	> 250 mg	<input type="checkbox"/> Sweet Potato	> 250 mg
<input type="checkbox"/> Popcorn one cup Air Popped	<150 mg	<input type="checkbox"/> White Bread one slice	<150 mg
<input type="checkbox"/> Pasta 1/2 cup Plain	<150 mg	<input type="checkbox"/>	

## DESSERTS

Single Serving

### CAKES

	Potassium		Potassium
<input type="checkbox"/> Angel Food	<150 mg	<input type="checkbox"/> Peanut Butter	150-250 mg
<input type="checkbox"/> Applesauce	<150 mg	<input type="checkbox"/> Pineapple Upside-Down	<150 mg
<input type="checkbox"/> Banana	<150 mg	<input type="checkbox"/> Pound	<150 mg
<input type="checkbox"/> Black Forest	> 250 mg	<input type="checkbox"/> Red Velvet	<150 mg
<input type="checkbox"/> Carrot	<150 mg	<input type="checkbox"/> Spice	<150 mg
<input type="checkbox"/> Chocolate	<150 mg	<input type="checkbox"/> Sponge	<150 mg
<input type="checkbox"/> Devil's Food	<150 mg	<input type="checkbox"/> White	<150 mg
<input type="checkbox"/> Fruit	<150 mg	<input type="checkbox"/> Yellow	<150 mg
<input type="checkbox"/> German Chocolate	<150 mg	<input type="checkbox"/>	
		<input type="checkbox"/>	

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## DESSERTS - 2

Single Serving

	Potassium		Potassium
<b>ICE CREAM</b>		<input type="checkbox"/> Maple Walnut	150-250 mg
<input type="checkbox"/> Butter Pecan	> 250 mg	<input type="checkbox"/> Mint Chocolate Chip	150-250 mg
<input type="checkbox"/> Cherry Vanilla	> 250 mg	<input type="checkbox"/> Pistachio	<150 mg
<input type="checkbox"/> Chocolate	150-250 mg	<input type="checkbox"/> Sherbet	<150 mg
<input type="checkbox"/> Chocolate Chip	150-250 mg	<input type="checkbox"/> Strawberry	<150 mg
<input type="checkbox"/> Chocolate Swirl	<150 mg	<input type="checkbox"/> Vanilla	<150 mg
<input type="checkbox"/> Coffee	150-250 mg	<input type="checkbox"/>	
<input type="checkbox"/> Cookies & Cream	150-250 mg	<input type="checkbox"/>	

<b>PIE</b>		<input type="checkbox"/> Mincemeat	> 250 mg
<input type="checkbox"/> Apple	150-250 mg	<input type="checkbox"/> Pecan	150-250 mg
<input type="checkbox"/> Banana Cream	150-250 mg	<input type="checkbox"/> Pumpkin	150-250 mg
<input type="checkbox"/> Blueberry	<150 mg	<input type="checkbox"/> Raspberry	<150 mg
<input type="checkbox"/> Cherry	<150 mg	<input type="checkbox"/> Strawberry Rhubarb	> 250 mg
<input type="checkbox"/> Chocolate Cream	<150 mg	<input type="checkbox"/>	
<input type="checkbox"/> Coconut Custard	<150 mg	<input type="checkbox"/>	
<input type="checkbox"/> Lemon Meringue	<150 mg	<input type="checkbox"/>	

<b>JELLO</b>		<input type="checkbox"/> Lime	<150 mg
<input type="checkbox"/> Apricot	<150 mg	<input type="checkbox"/> Orange	<150 mg
<input type="checkbox"/> Black Cherry	<150 mg	<input type="checkbox"/> Peach	<150 mg
<input type="checkbox"/> Cherry	<150 mg	<input type="checkbox"/> Raspberry	<150 mg
<input type="checkbox"/> Cranberry	<150 mg	<input type="checkbox"/> Strawberry	<150 mg
<input type="checkbox"/> Grape	<150 mg	<input type="checkbox"/> Strawberry Banana	150-250 mg
<input type="checkbox"/> Island Pineapple	<150 mg	<input type="checkbox"/> Watermelon	<150 mg
<input type="checkbox"/> Lemon	<150 mg	<input type="checkbox"/>	

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## DESSERTS - 3

Single Serving

	Potassium		Potassium
<b>PUDDING</b>		<input type="checkbox"/> Lemon	<150 mg
<input type="checkbox"/> Banana Cream	> 250 mg	<input type="checkbox"/> Mango	> 250 mg
<input type="checkbox"/> Butterscotch	<150 mg	<input type="checkbox"/> Pistachio	<150 mg
<input type="checkbox"/> Caramel	150-250 mg	<input type="checkbox"/> Pumpkin Spice	<150 mg
<input type="checkbox"/> Cheesecake	<150 mg	<input type="checkbox"/> Red Velvet	<150 mg
<input type="checkbox"/> Chocolate	150-250 mg	<input type="checkbox"/> Strawberry Cream	150-250 mg
<input type="checkbox"/> Coconut Cream	150-250 mg	<input type="checkbox"/> Tapioca	<150 mg
<input type="checkbox"/> Devil's Food	<150 mg	<input type="checkbox"/> Vanilla	<150 mg
<input type="checkbox"/> Flan	150-250 mg		

## BREAKFAST FOOD

Single Serving

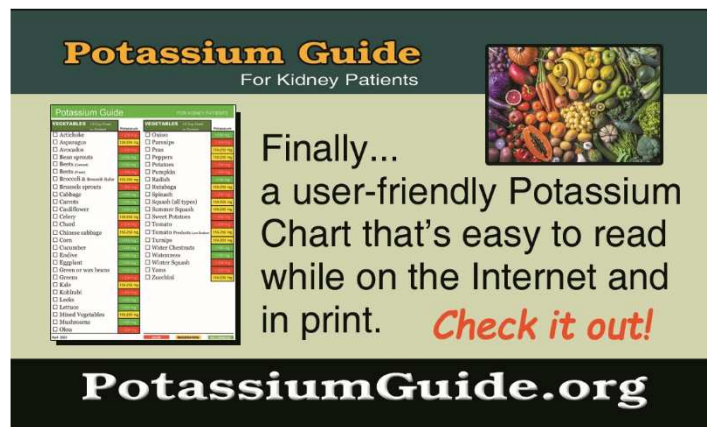
	Potassium		Potassium
<input type="checkbox"/> Bacon Omelet	> 250 mg	<input type="checkbox"/> Cranberry Muffins	<150 mg
<input type="checkbox"/> Bagel w/Cheese	> 250 mg	<input type="checkbox"/> Cream of Wheat	150-250 mg
<input type="checkbox"/> Blueberry Danish	150-250 mg	<input type="checkbox"/> French Toast	150-250 mg
<input type="checkbox"/> Blueberry Muffin	<150 mg	<input type="checkbox"/> Grits w/buter	<150 mg
<input type="checkbox"/> Bran Raisin Mufins	<150 mg	<input type="checkbox"/> Ham & Cheese Omelet	> 250 mg
<input type="checkbox"/> Cheerios	150-250 mg	<input type="checkbox"/> Honey Nut Cheerios	<150 mg
<input type="checkbox"/> Cheese Danish	<150 mg	<input type="checkbox"/> Hot Cakes	> 250 mg
<input type="checkbox"/> Cheese Omelet	150-250 mg	<input type="checkbox"/> Oatmeal	<150 mg
<input type="checkbox"/> Cherry Danish	<150 mg	<input type="checkbox"/> Raisin Bran	> 250 mg
<input type="checkbox"/> Cinnamon Buns	<150 mg	<input type="checkbox"/> Rice Krispies	<150 mg
<input type="checkbox"/> Coffee Cake	<150 mg	<input type="checkbox"/> Scramble Eggs - Two	150-250 mg
<input type="checkbox"/> Coffee Cake Muffins	<150 mg	<input type="checkbox"/> Shredded Wheat	150-250 mg
<input type="checkbox"/> Corn Flakes	<150 mg	<input type="checkbox"/> Two Eggs w/Bacon	> 250 mg
<input type="checkbox"/> Cornbread Muffins	<150 mg	<input type="checkbox"/> Two Eggs w/Ham	> 250 mg

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our site*


*If you wish to contact us,  
please send your  
comments and suggestions  
to*

**Potassium Guide  
c/o PO Box 1638  
Pittsboro, NC 27312**

*To pass the word around...*



**Potassium Guide**  
For Kidney Patients



Finally...  
a user-friendly Potassium  
Chart that's easy to read  
while on the Internet and  
in print. *Check it out!*

**PotassiumGuide.org**

The banner features a grid of food items categorized by potassium content. The items are listed in two columns: 'Low Potassium' and 'High Potassium'. Each item has a corresponding color-coded box (green for low, yellow for moderate, red for high) indicating its potassium level. The items include: Apples, Apricots, Avocado, Beans, Berries, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Carrots, Cauliflower, Celery, Chicken, Chicken skin, Corn, Cucumber, Dates, Eggplant, Green beans, Grapefruit, Grapes, Ham, Lentils, Lettuce, Lima beans, Melon, Milk, Nuts, Onions, Oranges, Peaches, Peas, Pineapples, Potatoes, Pumpkins, Raisins, Spinach, Squash, Sweet potatoes, Tomatoes, Turnips, Watermelon, and White beans.

*we have cards available  
for the asking*