



PREVENTATIVE  
NUTRITION  
SPECIALISTS

# Low Potassium Foods

## FRUITS



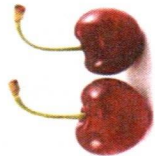
APPLES



APPLESAUCE



BERRIES



CHERRIES



CRAISINS



CRANBERRIES



FIGS



GRAPES



JUICE (NOT ORANGE)



LEMONS/LIMES



PEARS



PINEAPPLE



PLUMS



FRUIT. CANNED



WATERMELON

## VEGETABLES



ALFALFA SPROUTS



ASPARAGUS



BRUSSELL SPROUTS



BROCCOLI/ CAULIFLOWER



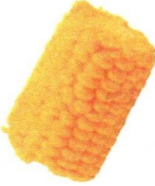
CABBAGE



CARROTS



CELERY



CORN



CUCUMBER



EGGPLANT



GREEN BEANS



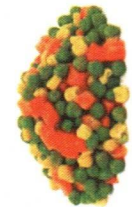
COLLARDS/KALE



LEEK



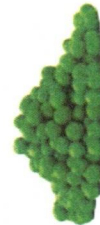
LETTUCE



MIXED VEGGIES



ONION



PEAS



PEPPERS



SPINACH



SUMMER SQUASH



SPAGHETTI SQUASH



TURNIPS



WATER CHESTNUTS

## OTHERS



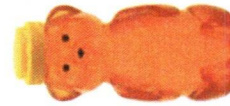
ALMOND MILK



COFFEE



ICED TEA



HONEY



PASTA SALAD



PESTO



POPCORN



RICE



COLESLAW



NEPRO, ENSURE CLEAR, BOOST GLUCOSE



NEPRO, ENSURE CLEAR, BOOST GLUCOSE

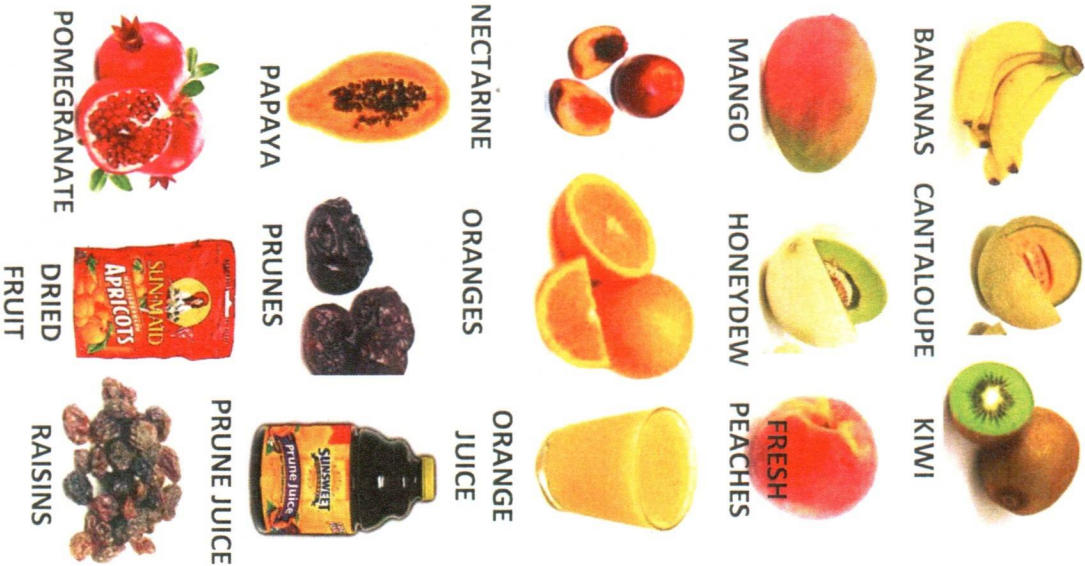


NEPRO, ENSURE CLEAR, BOOST GLUCOSE

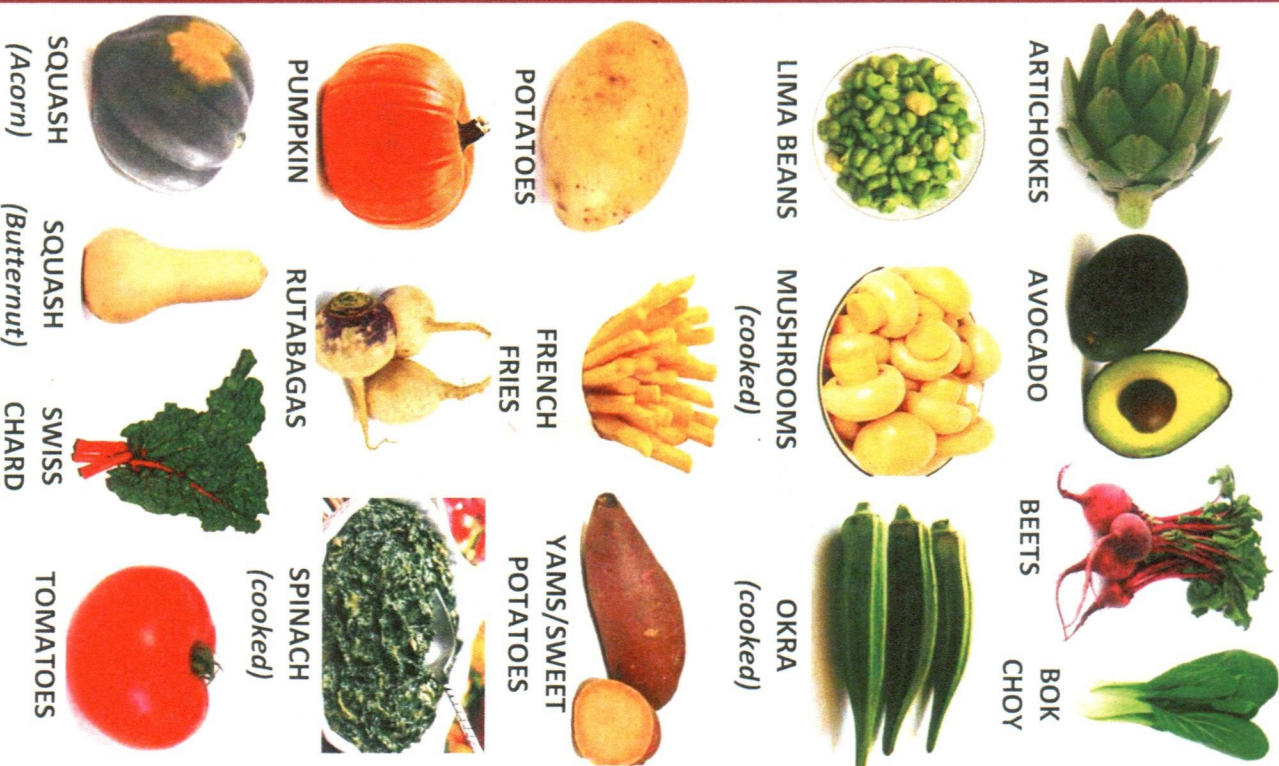
Portion size is 1/2 c fresh, canned, or cooked; 1/4 c dried, and 1/2 c. juice.

# High Potassium Foods

## FRUITS



## VEGETABLES



## OTHERS

