

AVOID all high potassium foods. "OK" foods are lower in potassium.

FRUITS

AVOID

- Avocado
- Banana
- Cantaloupe Melon
- Coconut
- Carambola (Starfruit)
- Custard Apple
- Dried fruit (raisins, figs, Prunes, apricots, dates)
- Grapefruit, grapefruit juice
- Guava
- Honeydew melon
- Jackfruit
- Mango
- Muskmelon
- Lectarine
- Orange, orange juice
- Passion Fruit
- Papaya
- Pomegranate
- Prune juice
- Pumpkin
- Tamarind (dried amlil)

OK

- Apple, apple juice, apple sauce
- Apricot
- Clementine, 1 small
- Blackberries, 1/2 cup
- Blueberries, 1/2 cup
- Pear
- Plum
- Pineapple, 1/2 cup
- Peach
- Raspberries, 1/2 cup
- Strawberries, 1/2 cup
- Watermelon, 1/2 cup
- Grapes

VEGETABLES

AVOID

- Artichoke
- Bittermelon
- Beets
- Callaloo
- Cassava
- Collards
- Dashen root and leaves
- **Legumes (lentils, chick Peas, kidney beans)
- Eddoe
- Green banana
- Plantain
- Potato (baked, boiled in Skin, French fries)
- Okra
- Soups containing vegetables
- Spinach (saag, palak)
- Squash
- Sweet Potato
- Tomato sauces, paste, juice
- Vegetable juice
- Yam
- Yucca

OK - BOIL, if possible

- Beans, green and yellow
- Peppers, sweet and spicy
- Broccoli
- Cauliflower
- Cabbage
- Celery
- Cucumber
- Corn
- Carrots
- Lettuce
- Garlic
- Raddish
- Peas, green
- Zucchini

GRAINS

AVOID

- Brown Rice, pasta
- 100% whole wheat bread, roti/ Chipati, pita
- Dark rye or pumpernickel
- Oatbran cereal, bran cereal
- Granola cereal or bars
- Gram flour, atta flour, corn flour

OK

- White or basmati rice
- White bread, pita, roti
- Light rye bread
- 60% wheat bread
- Cereals made from white flour
- Corn bran cereal

OTHER

AVOID

- Dark brown sugar
- Real maple syrup
- Coconut, coconut milk
- Gingerbread, molasses
- Low sodium cheese
- Salt substitutes (eg. Half salt, No-Salt)

OK

- Chocolate
- Potato chips
- Alfalfa
- Nuts, seeds
- White sugar
- Table syrup
- Pretzels, no salt
- Popcorn