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High-Potassium Foods:

Apricots	Okra
Artichokes	Oranges/orange juice
Avocados	Parsnips
Bananas	Potatoes
Beets	Prunes/Prune juice
Brussel Sprouts	Pumpkin
Chard	Sweet Potatoes
Dates	Spinach
Greens (beets, collard)	Tomatoes/tomato juice
Cantaloupe	Vegetable Juice
Nectarines	

Low-Potassium Foods:

Apples/apple juice	Eggplant	Pineapple
Apple sauce	Fruit Cocktail	Plums
Blackberries	Grapes/grape juice	Radishes
Blueberries	Green Beans	Raspberries
Cabbage	Lemon	Strawberries
Carrots (1/2 Cup)	Lettuce (1 Cup)	Tangerines
Cauliflower	Lime	Water Chestnuts
Corn	Mushroom (fresh, white)	Watermelon (1 Cup)
Cranberries	Onions (fresh)	
Juice Cocktail	Peach (canned)	
Cucumber	Pear (canned)	