Acceptable Potassium Foods

(Serving size is 1/2 cup unless otherwise noted)

FRUITS
- Raspberries, Cranberries, Blueberries & Blackberries
- Apple (1 small)
- Cherries
- Peach (1/2 cup canned or 1 small fresh)
- Plum (1/2 cup canned or 1 medium)
- Canned Pear
- Strawberries
- Pineapple
- Grapes (15 small)
- Watermelon (1 cup)
- Juices: Grape, Pear, Peach Nectar, Apple, Pineapple, Cranberry & Lemon
- Lemon (1/2)
- Eggplant

VEGETABLES
- Lettuce (1 cup)
- Celery (1 stalk)
- Cucumbers (1/2 cup cooked or 1 small raw)
- Carrots
- Onion
- Radish
- Green or Wax Beans
- Cabbage
- Pepper
- Squash: Zucchini, Crookneck & Summer
- Green Peas
- Corn (1/2 cup canned or 1/2 ear)