

Some foods that are high in potassium

Fruits	Vegetables	Proteins	Other
Avocado	Artichokes	Black beans	Chocolate
Bananas	Baked beans	Clams	Dairy products
Coconut	Beets	Ground beef	Granola
Cantaloupe and honeydew melons	Broccoli	Kidney beans	Milk
Dates	Brussels sprouts	Lobster	Peanut butter
Dried fruits	Cabbage (raw)	Navy beans	Soups that are salt-free or low-sodium
Figs	Carrots (raw)	Pinto beans	Soy milk
Kiwi	Chard	Salmon	Sports drinks
Mango	Olives	Sardines	Tomato sauce
Nectarines	Potatoes (white and sweet)	Scallops	Wheat bran and bran products
Oranges and orange juice	Pickles	Steak	Whole-grain bread
Prunes and prune juice	Pumpkin	Whitefish	Yogurt
Raisins	Rutabaga		
	Squash (acorn, butternut, hubbard)		
	Tomatoes and tomato juice		

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