

Some foods that are low in potassium

Fruits	Vegetables	Proteins
Apple juice	Alfalfa sprouts	Almonds
Apples and applesauce	Asparagus	Cashews
Blackberries	Cabbage (cooked)	Chicken
Blueberries	Carrots (cooked)	Eggs
Cherries	Cauliflower	Flax seed
Cranberries	Celery	Peanuts
Grapefruit	Corn	Pumpkin seeds
Grapes and grape juice	Cucumber	Shrimp
Peaches	Eggplant	Sunflower seeds
Pears	Green beans	Tuna
Pineapple	Green peas	Turkey
Plums	Green peppers	Walnuts
Raspberries	Kale	
Strawberries	Lettuce	
Watermelon	Okra	
	Onions	
	Radish	
	Rhubarb	
	Spinach	
	Water chestnuts	
	Wax beans	
	Yellow squash	
	Zucchini	

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