



Nutrition Tips

High Potassium Fall/Winter Fruits and Vegetables

Being on dialysis makes you aware of high potassium foods. Some favorite fall and winter fruits and vegetables can also be high potassium. **Limit to one serving per day.**

Below is a list of high potassium foods that are available this time of year. It's a good idea to put a list on your refrigerator and check it often so you can be sure about the potassium content of your favorite foods. For complete lists of high, medium, and low potassium foods, refer to the Potassium bro-

High Potassium Fruits:

- Avocados (1/4 medium)
- Banana (1/2 large)
- Guava (1 medium)
- Oranges (1 medium)
- Mandarin Oranges (2-3 small)
- Mango (1 medium)
- Papaya (1/2 cup)
- Peaches (1 medium)
- Plantains (1/2 cup)

High Potassium Vegetables:

- Bitter Melon (1/2 cup)
- Greens, collard, spinach, mustard, kale (1/2 cup)
- Lentils, split peas, chickpeas, black-eye peas (1/2 cup)
- Long beans (1/2 cup)
- Potatoes (1/2 cup or 1 small)
- Pumpkin and pumpkin seeds (1/2 cup)
- Sweet potatoes (1/2 cup)
- Tomato (1 medium)
- Tomato Soup (1/2 cup)
- Taro root, leaves (1/2 cup)

Beverages

- Coconut milk or water (1/2 cup)
- Eggnog
- Instant breakfast type drinks
- Latte, mocha (1 cup)
- Mango juice (1 cup)
- Milk (1 cup)
- Orange juice (1/2 cup)
- Tomato juice (1/2 cup)

