



LOW POTASSIUM DIET

FOOD ITEMS	CHOOSE <100mg/serving	GO EASY >100 to <230mg/serving	AVOID >231mg/serving
Beverages 8 oz./serving portion	Instant or Decaf. Coffee (limit to 2 cups/day), Herbal or Instant Tea, Condensed or Evaporated Milk.	Coffee (regular brewed), Hot Chocolate.	Eggnog, Milk Shake, Malted Milk, Buttermilk, Chocolate Skim Milk, Skim-fortified Milk, Milk (Whole, Skim, and 2%) - May limit to 4-8 oz. /day.
Starches and Cereal	Bagel, Bread (White, French, Pumpernickel, Rye), Rice, Pasta, Noodles, Tortilla, Corn Bread, Frozen Corn, Crackers, Pancake, Bun.	Wheat bread, English muffin, Oats, Corn (cob or canned), Cheerios.	Potatoes and Potato Products, Sweet Potatoes/yams, All-Bran Cereals.
Vegetables ½ cup serving portion size	Lettuce, Raw Cabbage, Raw Onions, Cucumber, Peppers, Canned or Frozen Green Beans, Bean Sprouts, Parsley, Radish, Turnips.	Canned Beets, Broccoli, Carrots, Cauliflower, Raw Celery, Eggplant, Raw Mushroom, Peas, Summer Squash, Cooked Artichokes, Dandelion Greens, Mustard Greens, Okra, Raw Spinach	Asparagus, Winter Squash (all varieties), Tomatoes, Tomato Juice, Vegetable Juice, Beans (white, red, lima), Cooked Spinach, Cooked Celery, Brussels Sprouts, Cooked Mushrooms.
Fruits/ Fruit juices 1 medium piece or ½ cup	Applesauce, Frozen Blueberries, Cranberry Juice, Figs, Fruit Cocktail, Fresh Pineapple.	Apples, Blackberries, Cherries, Figs, Fruit Cocktail, Grapefruit, Grapes, Grape Juice, Lemon, Lemon Juice, Lime, Lime juice, Peach, Pear, Pineapple Juice or Canned, Plums, Rhubarb, Tangerine, Watermelon.	Apricots, Avocado, Banana, Cantaloupe, Dates, Dried Fruits, Honeydew, Mango, Nectarine, Orange, Kiwi, Dried Prunes, Raisins, Strawberries.
Meat/ Meat Substitute	Bologna, Canadian Bacon, Cheese Except Cottage Cheese, Egg, Clams, Oysters, Lobsters, Shrimp, Liver, Frankfurters, Luncheon Meat, Poultry, Sausage.	Beef, Ham, Lamb, Pork, Cottage Cheese, Eggbeaters, Cod, Crab, Sole, Flounder, Halibut, Scallop, Tuna, Nuts, Peanut Butter, Veal.	Salmon, Sardines.
Miscellaneous	Bouillon, Gelatin, Popsicles, Jam/Jelly.	Chocolate, Cocoa, Coconut.	Molasses, Salt Substitute.