



## WHAT FOODS PROVIDE POTASSIUM?

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Most of your potassium is found inside the cells in your body. Only about two percent is found in the blood. Blood levels of potassium may fluctuate due to kidney disease, diabetes, vomiting, as a side effect to certain medications, fluctuating hormone levels, or amount of potassium in your diet.

If your potassium levels are too high (*hyperkalemia*), your doctor may tell you to go on a potassium-restricted diet. If your potassium levels are too low (*hypokalemia*), your doctor may tell you to get more potassium in your diet. Here is a list of foods with potassium. If you need to restrict your potassium, avoid the foods with moderate to high levels of potassium, and if you need more, be sure to choose more foods that contain higher amounts of potassium.

<u>High</u>		<u>Moderate</u>	<u>Low</u>
Apricots	Lentils	Apples	Asparagus
Artichokes	Nuts	Broccoli	Berries
Avocados	Oranges	Brussels sprouts	Cabbage
Bananas	Peaches	Beets	Cauliflower
Cantaloupe	Potatoes	Carrots	Corn
Cod	Prunes	Celery	Cucumbers
Dates	Pumpkins	Cherries	Grapes
Dry beans (i.e. kidney beans, navy beans)	Raisins	Eggplant	Grapefruit
Figs	Salmon	Mango	Green beans
Flounder	Sardines	Mushrooms	Onions
Greens	Tangerines	Okra	Peas
Honeydew melons	Tomatoes	Pears	Pineapple
Kiwi	Watermelons	Peanut butter	Radishes
		Plums	Rhubarb
		Peppers	Turnip

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