




Low Potassium Foods List

Potassium is an essential mineral that helps regulate fluid balance, muscle contractions, and nerve signals in the body. Maintaining the right potassium level is crucial because too little can cause muscle weakness and fatigue, while too much may lead to heart problems. Understanding whether foods are low or high in potassium is important for managing health conditions, such as kidney disease, where potassium levels must be carefully controlled.

Category	Low potassium foods	High potassium foods
 Vegetables	Asparagus, beans (green or wax), cabbage and lettuce (iceberg), carrots, celery, corn, cucumbers, eggplant, onions, radishes, turnips	Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash, tomato and tomato-based products, deep-colored and leafy green vegetables (such as spinach or swiss chard), dried beans and peas, black beans, refried beans, baked beans, lentils, legumes
 Fruits	Apples, blueberries, cranberries, grapes, grapefruit, peaches, pears, pineapple, raspberries	Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate, dates, dried fruits, dried figs
 Others	Rice, noodles, pasta, bread and bread products (not whole grains), angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate	Milk, yogurt, nuts and seeds, bran and bran products, chocolate, granola, molasses, peanut butter

Remember, serving size is key—eating too much of a low-potassium food can make it high in potassium. A healthcare provider or dietitian can offer guidance, especially for individuals with health conditions like kidney disease.

Reference:

National Kidney Foundation. (2018). Your guide to a low-potassium diet. https://www.kidney.org/sites/default/files/NKF_Guide_to_Low_Potassium_Diet_Final_0.pdf