

VEGETABLES AND FRUITS  
(All portions are 1/2 cup unless indicated)

GROUP A: LOW POTASSIUM (Ave 100 mg K+)	GROUP B: MEDIUM POTASSIUM (Ave 200 mg K+)	GROUP C: HIGH POTASSIUM (Ave 300 mg K+)
<p>Bamboo shoots, canned Beans, green and wax Been sprouts Cabbage, raw or cooked Celery, 1 stalk Corn, canned, rinsed Cucumber Eggplant, cooked Green pepper Jalapenos, canned Leeks, raw or cooked Lettuce, endive Onions: white, yellow, purple Radishes, raw, 5 large Rhubarb, frozen or raw Snow peas Summer squash, raw Tomato slices, 2 Turnips, cooked  Apple, fresh, 1 small Apple juice Applesauce Berries, all types Cranberries, 1 1/2 cups Cranberry juice Figs, canned, 3 Fruit cocktail Grapes, 1 cup Grape juice from conc. Juice bars, all flavors except banana, 1 Lemon, 1 Lemonade Lime, 1 Limeade Mandarin orange sections Peaches, canned, 2 halves Peach nectar Pears, canned, 2 halves Pear nectar Pineapple, 2 rings Plums, canned, 3 Sorbet, all flavors Strawberries Tangerine, 1</p>	<p>Artichoke hearts Beets, canned Broccoli, cooked or raw Carrots, cooked or raw Cauliflower, ckd or raw Chili pepper, 1 Corn, fresh or frozen Greens: collard, mustard kale Mixed vegetables, canned or frozen Mushrooms Okra, cooked Peas, green Potato, white (soaked &amp; boiled) Rutabagas, boiled Summer squash, cooked Tomato, 1/2 medium Tomato sauce, salt free 1/4 cup  Apple, fresh, 1 large Apricots, canned, 6 halves Apricots, fresh, 2 Apricot nectar, 3/4 cup Cherries, 10 Dates, 3 Figs, fresh, 2 Grape juice, canned or bottled Grapefruit, fresh, 1/2 Grapefruit juice Grapefruit sections Guava Juice bar, banana, 1 Mango, fresh, 1/2 Peach, fresh, medium Pear, fresh, medium Pineapple juice Plums, fresh, 2 Raisins, 3 Tbsp Tangerine juice Watermelon, 1 cup</p>	<p>Asparagus, cooked Artichoke, 1 medium Avocado, 1/4 cup Bamboo shoots, raw, 1/4 c Beans: lentils, kidney, pinto, lima, navy Brussel sprouts, cooked Parsnip, 1/3 cup Peas: black eyed, cream, purple-hulled Potato, sweet Potato, white, baked, fried or instant, 1/3 c Pumpkin Spinach, cooked Swiss chard, 1/3 cup Tomato juice, salt free Tomato sauce, salt free Tomato, canned or fresh Vegetable juice, salt free Winter squash, 1/3 c  Apricots, dried, 6 halves Banana, 1/2 Cantaloupe, 3/4 cup Honeydew, 1/3 cup Kiwi, 1 Nectarine, 1 Orange, 1 Orange juice Papaya Persimmon, 1 medium Pomegranate, 1/3 cup Prunes, 4 Prune juice Tangelo, 1 medium</p>