

# Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



## Potassium in the Diet

Diabetic and Renal Friendly  
Resource



# LOW POTASSIUM FRUITS AND VEGETABLES



## For Diabetics

Choose Most Often

Choose Less Often

Choose Least Often \*

### FRUITS (3 servings/day)

Apple – 1 small or ½ cup of applesauce  
 Apricot – 2 fruit  
 Berries - ½ cup of Blackberries,  
 Blueberries, Cranberries, Raspberries,  
 Strawberries  
 Canned Fruit - ½ cup of Apricots, **Fruit  
 Salad**, Mandarin, Peaches, Pears &  
**Pineapple**  
**Cherry**: Sweet – 10  
 Clementine, Mandarin, Tangerine – 1 fruit  
 Coconut, Raw – ½ cup  
 Grapefruit - ½  
**Grapes** - 20  
 Lemon or Lime: 1 Fruit  
 Mango – ½ cup  
 Passion Fruit: 2  
 Peach – 1  
 Pear – 1  
 Pear, Asian – ½  
**Pineapple** – ½ cup  
 Plum – 1  
 Pomegranate – ½  
 Prune (Dried) – 3  
**Raisin** (Seedless) - 2 Tbsp  
 Rhubarb (Cooked) – ½ cup  
**Watermelon** \* – 1 cup diced

### VEGETABLES (3-4 servings/day)

Asparagus – 6  
 Bean Sprouts – ½ cup  
 Beet (Small, Canned or Fresh, Boiled) – 1  
 Broccoli (Fresh or Frozen, Boiled) – ½ cup  
 Cabbage – ½ cup  
**Carrot** – ½ Large or 8 Baby Carrots  
 Cauliflower – ½ cup  
 Celery – 1 Medium Stalk  
**Corn** – 1 Ear or ½ cup  
 Cucumber – ½ cup  
 Eggplant (Cooked) – 1 cup  
 Green & Yellow String Beans – 1 cup  
 Kale – ½ cup  
 Lettuce (All Types) – 1 cup  
 Mushrooms (White or Shiitake) – ½ cup  
 Okra (Fresh Boiled) – ½ cup  
 Onion (Fresh or Boiled) – ½ cup  
 Green Peas (Canned or Frozen, Boiled) – ½ cup  
 Peppers – ½ cup  
 Potato (Double Boiled!) ½ cup  
 Radish – ½ cup  
 Snow Peas – 10 Pods Raw or ½ cup Boiled  
 Spinach (Raw) – 1 cup  
 Butternut Squash (Frozen, Boiled) – ½ cup  
 Spaghetti Squash – ½ cup  
 Tomato – ½ small or 4 Cherry or 2 Tbsp Sauce  
 Turnip (Boiled) – ½ cup  
 Zucchini (Raw) – ½ cup

## For Diabetics

Choose Most Often

Choose Less Often

Choose Least Often \*

# HIGH POTASSIUM FRUITS AND VEGETABLES

### FRUITS (3 servings/day)

Ackee

**Banana \***

Breadfruit

Cantaloupe

Guava

Honeydew

**Jackfruit**

**Kiwi**

Nectarine

Orange

**Papaya**

Persimmon

Plantain

Prickly Pear

Pummelo

Starfruit (Carambola) --do not eat, speak  
with your dietitian!

Tamarind

### Vegetables (3-4 servings/day)

Artichoke

Beans: Adzuki, Baked, Black, Chickpeas,  
Kidney, Lentils, Lima, Mug, Navy, Pinto, Soy  
Bok Choy (Boiled)

Brussels Sprouts

Mushrooms: Crimini, Oyster, Portabello

**Parsnip** (Boiled)

Green Peas: Fresh or Dry, Boiled

**Potatoes \***: Baked, Chips, Mashed, French  
Fries

**Pumpkin**

Rapini (Cooked)

Spinach (Boiled)

Squash: Acorn, Butternut, Hubbard

Sweet Potato or Yams

Swiss Chard (Boiled)

Tomatoes – More than ½ small or 4 cherry

Tomato (Sauce/Paste) – more than 2 Tbsp

Zucchini (Boiled)



## For Diabetics

Choose Most Often

Choose Less Often

Choose Least Often \*

# GRAINS



### LOW POTASSIUM

Bread (White): **Bagel \***, **Baguettes \***, **Buns \***, **Cracked Wheat \***, **Croissant \***, **English Muffin \***, **Kaiser \***, **Light Rye**, **Matzo \***, & **Pita**

Cereal: **Corn Bran \***, **Corn Flakes \***, **Cream of Wheat**, **Crispix \***, **Puffed Rice \***, **Puffed Wheat \***, **Rice Krispies \***, & **Special K \***

**Sweetened Cereal \***: Alpha Bits, Apple Jacks, Cap'n Crunch, Cinnamon Toast Crunch, Corn Pops, Frosted Flakes, Fruit Loops, Honeycomb, Sugar Crisp, & Trix

**Crackers \***: Bread Sticks, Melba Toast, Rice Cakes, Rice Crackers, Rusks, Soda Crackers, & Taco/Tortilla

**Pasta/Rice**: White Rice, White Pasta, Rice Noodle, Soba Noodles

**Cookies \***: Arrowroots, Butter Cookies, Macaroon, Digestives, Graham, Oatmeal, Shortbread, Social teas, Sugar Cookies, Wafers

**Baked Goods \***: Angel Food Cake, Danish, Nutrigran Bar, Pound Cake, Pie (made with low potassium fruit), Rice Krispie Square, & Sponge Cake

Other: **Cornmeal** (3/4 cup cooked), **Couscous** (1/3 cup cooked)

### HIGH POTASSIUM

Bread: **Whole Wheat \***, **Corn Bread \***, Dark, **Rye**, Naan, Wheat Germ, Seven Grains

Cereal: All Bran, Bran Buds, Bran Flakes, Cocoa Puffs, Cheerios, Fiber 1, Flax Plus, **Golden Grahams \***, Grape Nuts, Granola, Harvest Crunch, Life Muffets, Muesli, **Mini Wheats \***, **Shredded Wheat \***, Shreddies, Oat Bran, Oatmeal, **Raisin Bran \***, Red River Cereal, Wheat Germ, & Weetabix

**Crackers**: Whole Wheat, Multigrain Crackers & Crispbreads

**Pasta/Rice**: Whole Wheat Pasta, Brown Rice, & Wild Rice

**Cookies \***: Chocolate Fudge, Fig, Peanut Butter, Ginger Snap, Chocolate Marshmallow, & Oreos

**Baked Goods \***: Banana Bread, Brownie, Cake (Carrot, Chocolate, Fruit, Gingerbread), Coconut Cream Pie, Date Square, Doughnuts, & Granola Bar

Other: **Amaranth \***, Barely, Buckwheat, Bulgur, Flax Seed, **Millet**, **Pancake/Waffle (Mix/Frozen) \***, Quinoa, Spelt, Wheat Germ

## For Diabetics

Choose Most Often

Choose Less Often

Choose Least Often \*

## BEVERAGES



## OTHER FOODS

### Low Potassium

Apple Juice  
**Cranberry Cocktail – 1 cup**  
**Grape Juice – ½ cup**  
 Lemonade from frozen – 1 cup  
 Limeade from frozen – 1 cup  
 Nectar: Apricot, Guava, Mango, Papaya,  
 Peach, Pear – 1 cup  
 Pineapple Juice – ½ cup

### High Potassium

**Carrot Juice**  
 Coconut (Milk or Coconut Water)  
 Grapefruit Juice – RISK – potential drug  
 interaction  
 Orange Juice  
 Passion Fruit Juice  
 Pomegranate Juice  
 Prune Juice  
 Tangerine/Mandarin Juice  
 Tomato Juice  
 Vegetable Juice Cocktail

### Low Potassium

**Corn \***  
**Pancake Syrup \***  
**Jam or Jelly \***  
**Honey \***  
**Sugar or Sugar Substitute \***  
 Herbs and Spices  
 Horseradish  
 Butter or Margarine  
 Oil  
 Mayonnaise  
 Gravy  
 Ketchup, Mustard, Relish Regular/Decaf  
 Coffee and Tea  
**Soft drinks (Non-Colas) \***  
**Sherbet or Sorbet \***  
 Liquor or Wine

### High Potassium

**Chocolate \***  
**Maple Sugar \***  
**Maple Syrup \***  
 Molasses  
 Salt Substitutes (No Salt or Nu Salt)  
**Specialty Coffee or Tea**  
 Coffee Whitener, Colas, Cocoa, Ovaltine or  
 Postum  
 Nuts or Seeds  
 Peanut Butter (Maximum 1 Tbsp/d)  
 Beer

Additional Notes: Limit dairy products to ½ cup per day • Low sodium products may contain more potassium