

Food Sources High in Potassium

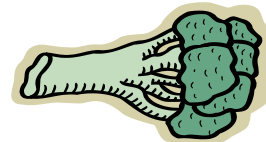
Fruits

Apricot nectar
Apple cider*
Bananas
Citrus fruits and juices
Coconut water (check label)
Dried fruits (apricots, raisins)*
Melons-cantaloupe/ honeydew
Plantains
Plums*
Prunes/Prune juice*



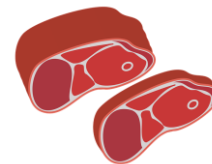
Vegetables

Artichoke
Avocado
Broccoli*
Cooked dry beans (baked beans)*
Cooked greens (collard, spinach)
Mushrooms
Potatoes (all types)-no skin if you have diarrhea
Spinach
Squash
Tomatoes/Tomato-based products
Winter squash



Other items

Gatorade-type beverages (<50 Calories/serving, some are higher in potassium than others)
Gravy*
Lentils*
Meats
Meat extracts (au jus)
Milk/Dairy products (may need to limit with diarrhea)
Soup
Whole grains*



***Items to avoid if you have diarrhea**