

Low Potassium Foods (~200mg / serving)

Fruits	Potassium (mg)
Apples, peeled & sliced	62
Applesauce, canned	78 - 92
Apricot, 1 medium	105
Blackberries	141
Blueberries	65
Cherries (10)	152
Cranberry sauce	36
Fig (1 medium)	116
Fruit cocktail	114
Grapes (10)	116
Grapefruit (1/2 medium)	165
Lemon (1 medium)	80
Orange (1 medium)	237
Peaches (canned)	118
Pears (canned)	83
Pineapple (diced)	88
Pineapple (canned, heavy syrup)	133
Pineapple (juice pack)	153
Plums (canned)	194
Plums (raw)	118
Raspberries (raw)	94
Raspberries (frozen and sweetened)	143
Strawberries	124
Tangerine (1 medium)	132
Watermelon (diced)	93
<p>1 serving of fruits, vegetables is: 1 cup fresh, cut up 1 medium whole fruit ½ cup cooked, liquid drained</p>	

Miscellaneous - Foods

- Hard candies
- Cookies without chocolate or nuts
- Swiss or Cheddar cheese (1 oz.)
- Grated cheese (1/2 cup)
- Yellow or Angel food cake
- Crackers from white flour
- Refined cereals
- Rice, cooked, 1 cup (88 mg)
- Chicken breast, 100g ~ 3 oz (256 mg)
- Turkey 100 oz ~ 3 oz (~248 mg)
- Popcorn, microwave, plain (20 mg)

Note:

All potassium content listed is estimated value dependent upon method of cooking and interpretation of USDA database reference for individual foods.

For more precise numbers you should check:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Resources:

<http://www2.niddk.nih.gov/>

<http://www.nkdep.nih.gov/>

<http://www.kidney.org/>



simplenutritiontips.com