

High Potassium Foods

FRUITS



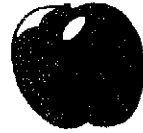
Oranges



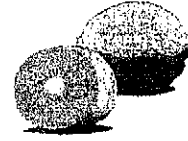
Orange Juice



Bananas



Apricot



Kiwi



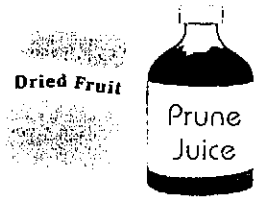
Pear



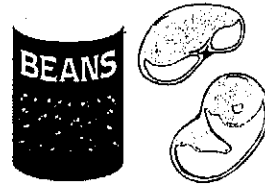
Nectarine



Cantaloupe/
Melon



Dried Fruit: Dates,
Figs, Prunes &
Prune Juice



Dried Beans,
Peas & Lima Beans



White & Sweet
Potato (baked,
boiled, mashed)



French Fries



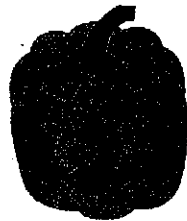
Potato Chips



Mushrooms



Avocado



Pumpkin



Asparagus



Tomato



Winter Squash

OTHER



Peanuts, Almonds & Pecans



Milk



Coffee, Cocoa



Tomato Sauce/
Spaghetti Sauce



Salt
Substitute



Chocolate

Diet Directions, LLC

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