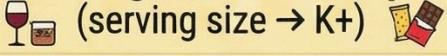


MEDIUM POTASSIUM FOODS (151–250 mg per serving)



Important Note: Portion size is key! A “medium” food can become “high” if you eat more than the listed serving. Values based on AKF guidelines.

 Fruits & Juices (serving size → K+) 	 Vegetables (serving size → K+) 	 Protein (serving size → K+) 
<ul style="list-style-type: none"> • Apple (raw) 1 medium → 195 mg 	<ul style="list-style-type: none"> • Asparagus (frozen, cooked) ½ cup → 155 mg 	<ul style="list-style-type: none"> • Canned black-eyed peas ½ cup → 238 mg
<ul style="list-style-type: none"> • Apricots (canned) ½ cup → 202 mg 	<ul style="list-style-type: none"> • Broccoli (cooked) ½ cup → 229 mg 	<ul style="list-style-type: none"> • Canned chickpeas/garbanzos ½ can → 160 mg
<ul style="list-style-type: none"> • Cherries ½ cup → 171 mg 	<ul style="list-style-type: none"> • Brussels sprouts (cooked) ½ cup → 247 mg 	<ul style="list-style-type: none"> • Chicken breast (roasted) 3 oz → 220 mg
<ul style="list-style-type: none"> • Coconut (shredded) ½ cup → 157 mg 	<ul style="list-style-type: none"> • Carrots (raw) ½ cup → 205 mg 	<ul style="list-style-type: none"> • Ham 4 slices → 241 mg
<ul style="list-style-type: none"> • Dates 1 fruit → 167 mg 	<ul style="list-style-type: none"> • Corn (frozen kernels) ½ cup → 195 mg 	<ul style="list-style-type: none"> • Almonds 1 oz → 198 mg
<ul style="list-style-type: none"> • Grapefruit ½ fruit → 156 mg 	<ul style="list-style-type: none"> • Rutabaga (cooked) ½ cup → 184 mg 	<ul style="list-style-type: none"> • Peanut butter (smooth) 2 tbsp → 179 mg
<ul style="list-style-type: none"> • Guava 1 fruit → 229 mg 	<ul style="list-style-type: none"> • Summer squash (cooked) ½ cup → 173 mg 	<ul style="list-style-type: none"> • Cod 3 oz → 207 mg
<ul style="list-style-type: none"> • Kiwi 1 fruit → 215 mg 	<ul style="list-style-type: none"> • Winter squash (cooked) ½ cup → 247 mg 	<ul style="list-style-type: none"> • Shrimp 3 oz → 220 mg
<ul style="list-style-type: none"> • Orange 1 fruit → 232 mg 	<ul style="list-style-type: none"> • Cherry tomatoes ½ cup → 177 mg 	<ul style="list-style-type: none"> • Pumpkin seeds 1 oz → 223 mg
<ul style="list-style-type: none"> • Pear 1 medium → 206 mg 	<ul style="list-style-type: none"> • Tomato/vegetable juice ½ cup → 234 mg 	
<ul style="list-style-type: none"> • Watermelon 1 cup diced → 170 mg 		Beverages/Snacks/Soups (serving size → K+) 
<ul style="list-style-type: none"> • Cantaloupe ½ cup diced → 213 mg 	 Cereals (serving size → K+) 	<ul style="list-style-type: none"> • Red wine 5 fl oz → 187 mg
<ul style="list-style-type: none"> • Honeydew ½ cup diced → 194 mg 	<ul style="list-style-type: none"> • Cheerios® 1 cup → 177 mg 	<ul style="list-style-type: none"> • Cocoa mix (made with water) 6 fl oz → 204 mg
<ul style="list-style-type: none"> • Grapefruit juice ½ cup → 203 mg 	<ul style="list-style-type: none"> • Bran Flakes® ¾ cup → 160 mg 	<ul style="list-style-type: none"> • Eggnog ½ cup → 210 mg
<ul style="list-style-type: none"> • Orange juice ½ cup → 248 mg 	<ul style="list-style-type: none"> • Shredded Wheat 1 cup → 170 mg 	<ul style="list-style-type: none"> • Milk chocolate bar 1 bar (1.55 oz) → 164 mg
<ul style="list-style-type: none"> • Pineapple juice ½ cup → 163 mg 		<ul style="list-style-type: none"> • Vegetable beef soup 1 cup → 168 mg

* Individual needs vary. Consult your healthcare provider or renal dietitian for personalized advice.