

Potassium

Potassium can be found in many food sources. Abnormally high or low levels of potassium in your blood can be dangerous as it can lead to abnormal heart rhythms. Your kidneys regulate the amount of potassium in your body, so if your kidneys are not functioning properly, or if you are on certain blood pressure medications it may be necessary to reduce the amount of potassium in your diet

Foods Sources With High Potassium

Sweet Potato
Tomato juice, paste, sauce, and puree
Beet Greens
Potatoes
White Beans
Yogurt
Clams
Prune Juice
Carrot Juice
Soybeans
Lima Beans
Molasses
Fish: halibut, yellowfin tuna, pacific cod, rainbow trout
Winter Squash
Bananas
Cooked Spinach
Prunes
Dried Peaches or Apricots
Milk
Papaya
Raisins
Mango
Oranges/Orange Juice
Mushrooms
Avocado
Cantaloupe
Coconut,
Artichoke
Asparagus