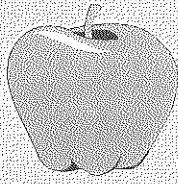


Acceptable Potassium Foods (Serving size is 1/2 cup unless otherwise noted)

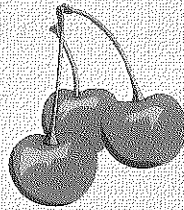
FRUITS



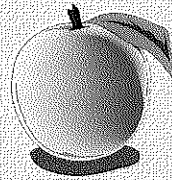
Raspberries,
Cranberries,
Blueberries &
Blackberries



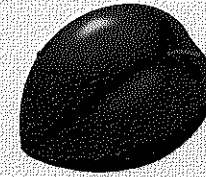
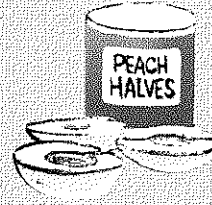
Apple
(1 small)



Cherries



Peach (1/2 cup canned or
1 small fresh)



Plum
(1/2 cup canned
or 1 medium)



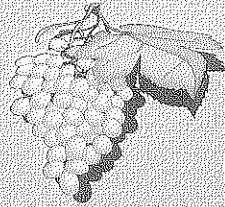
Canned Pear



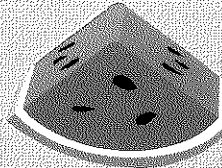
Strawberries



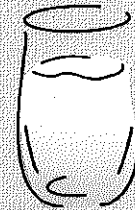
Pineapple



Grapes
(15 small)



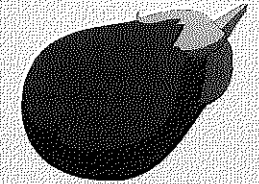
Watermelon
(1 cup)



Juices: Grape, Pear, Peach
Nectar, Apple, Pineapple,
Cranberry & Lemon

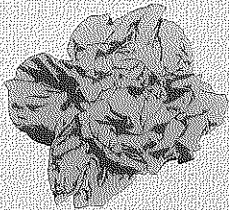


Lemon (1/2)



Eggplant

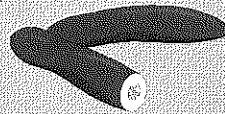
VEGETABLES



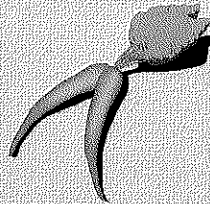
Lettuce (1 cup)



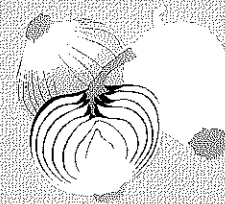
Celery (1 stalk)



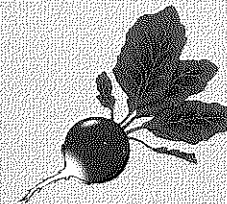
Cucumbers



Carrots
(1/2 cup cooked
or 1 small raw)



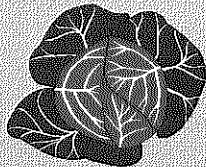
Onion



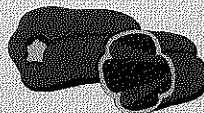
Radish



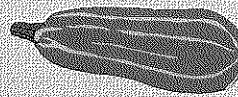
Green or Wax
Beans



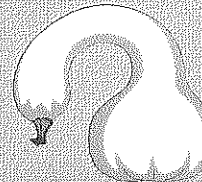
Cabbage



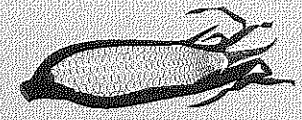
Pepper



Squash: Zucchini, Crookneck
& Summer



Green Peas



Corn
(1/2 cup canned or 1/2 ear)