

## **High Potassium Foods**

### Foods High in Potassium

#### **Fruits**

Bananas  
Apples  
Avocados  
Cantaloupe  
Honeydew  
Prunes  
Raisins  
Nectarines  
Watermelon  
Grapefruit Juice  
Apple Juice  
Orange Juice  
Prune Juice

#### **Vegetables**

Beans  
Asparagus  
Broccoli  
Cooked Cabbage  
Cooked Cauliflower  
Corn on the Cob  
Cooked Eggplant  
Fresh Lima Beans  
Fresh Peas  
Peppers  
Baked Potatoes  
Radishes  
Squash