

# Lower Potassium Fruit & Vegetables to choose

All fruit & vegetables contain potassium, but some have more than others. It is important to continue to eat fruit & vegetables, as they contain vitamins & minerals that are good for you. However, you need to choose lower potassium ones and limit it to **4- 5 small portions a day** to help control your potassium levels.

## Low- medium potassium fruits



Apple



Satsuma or tangerine



Lemon & lime



Pear



Tinned plums, fruit cocktail, mandarins, pear, pineapple, rhubarb, raspberries & strawberries  
*(Juice should be drained away)*



Lychees



Peach



Blueberries



Passion fruit



Nectarine



Cranberries

## Low- medium potassium vegetables

To reduce the potassium content **always boil** your vegetables in a large pan of boiling water and then throw the water away. This helps remove some of the potassium from the vegetables.



Frozen peas



Frozen mixed veg



Cabbage



Carrots



Corn on the cob



Green & red pepper



Swede



Green/ french beans



Cauliflower



Sugar snap peas