

LOW POTASSIUM DIET

AVOID the following foods that are high in potassium:

-bananas

-orange juice, grapefruit juice: oranges, grapefruits

-watermelon or other melons

-tomatoes

-potatoes (soak in water first to remove potassium)

-raisins

-all vegetable juices

-squash or cooked spinach

-salt substitute

-pears

-kiwi, mango, nectarines, avocado, apricots, dates, figs

-nuts