

Food List High in Potassium



Fruit

- ◯ Apricots
- ◯ Avocado
- ◯ Bananas
- ◯ Grapefruit
- ◯ Kiwi
- ◯ Melon
- ◯ Red currants
- ◯ Watermelon

Vegetables

- ◯ Beetroot
- ◯ Broccoli
- ◯ Chard
- ◯ Parsnip
- ◯ Peas
- ◯ Red lentils<
- ◯ Soya beans
- ◯ Spinach
- ◯ Sweet potatoes
- ◯ Tomatoes
- ◯ White beans

Nuts

- ◯ Brazil nuts
- ◯ Cashew nuts
- ◯ Walnuts

Meat and fish

- ◯ Anchovy
- ◯ Chicken
- ◯ Cod
- ◯ Salmon
- ◯ Turkey

Listonic

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