

POTASSIUM CONTENT OF FOOD

Food groups	LOW (0-100mg)	Restricted Foods (Medium potassium)	Foods Avoided HIGH (Above 200 mg)
Cereals	Rice parboiled Ravai Arrow root	Jowar, Rice flakes, Vermicelli	Ragi, Wheat flour whole
Pulses & Legumes	Black gram whole, peas green, white channa		Bengal gram dhal Green gram Whole gram dhal Red gram dhal
Vegetables	Fenu greek leaves, Mint, Beetroot Radish pink, Broad beans, Cucumber, Bottle gourd Mango green, Ridge gourd, Turnip	Spring onions, Cabbage, carrot, Onion, White raddish Bitter gourd, Brinjal Cauliflower, Beans, Ladies finger, Plantain green, Tomato, Plantain flower	Amaranath stem, Coriander leaves, Drumstick, Potato, Sweet potato, Yam, Drumstick, Sword beans
Masala and spices	Cardamom, Chillies green, garlic, tamarind, turmeric		Chillies dry, Coriander seeds, Jeera seeds, Fenue greek seeds
Fruits	Apple, Orange, Papaya Guava, Jambu fruit	Watermelon, Pomegranate, Grapes	Amla, cherries, Lemon, Mango ripe, Sapota, Sweet lime, PLums