



## Central Texas Veterans Health Care System

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# Potassium

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### Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.  
See a Registered Dietitian (RD) for your individual needs.  
The Nutrition Clinic is a walk-in clinic (no appointment needed) in  
Austin, Temple and Waco and by appointment at CBOC's.  
Sign up with the clinic clerk to speak to a dietitian.

### **Other classes and programs available:**

**Diabetes Classes** - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

**Cardiovascular** - 3 hour class with nursing, nutrition and pharmacy information on heart health.

**Pre-Diabetes** – 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

**Renal** - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

**MOVE! Weight Management** - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. MOVE! features a personalized program of nutrition, physical activity and behavior change. Visit [www.move.va.gov](http://www.move.va.gov) to find out more.

**Ask your Primary Care Team which of these classes is  
best for you and how to be enrolled.**

## HIGH POTASSIUM FOODS 250 mg. or more per serving

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### BREAD/CEREAL/STARCH



All Bran (1/2 c.)  
Dried beans and peas (1/3 c.)

### VEGETABLES

Asparagus (1/2 c.)  
Artichoke (1)  
Greens: beet, collard, turnip (1 c.)  
Parsnips (1/2 c.)  
Pumpkin (1/2 c.)  
Spinach (1/2 c.)  
Sweet Potatoes (small)  
Tomato, raw (1)  
Tomato or vegetable juice (1/2 c.)  
Okra (pods) (1/2 c.)  
Green pepper, raw (1 c.)  
Baked potato (small)  
Mashed potato (1/2 c.)  
Winter Squash (1/2 c.)



### DAIRY PRODUCTS

Buttermilk (1 c.)  
Milk (1 c.)  
Yogurt (1 c.)

### FRUITS

Apricots (4)  
Banana, large (1/2)  
Figs, dried (1 1/2)  
Kiwi fruit (1)  
Mango (1 medium)  
Nectarine (1)  
Orange (1)  
Papaya (1/2)  
Peach (1)  
Raisins (1/4 c.)  
Rhubarb, cooked (1/2 c.)  
Prune juice (1/3 c.)  
Orange juice (1/2 c.)



### MISCELLANEOUS

Potato Chips (1 oz.)  
Cocoa (1 c.)  
Nuts (1/4 c.)  
Avocados (1/4)  
Molasses, black (1 T.)  
Sugar, brown (1 c.)



Do not use - Salt Substitute (1 t.) = 2300 mg. Potassium



**\*Note: Serving size listed is the maximum allowed for that food in one day. You should not make more than 2 choices from the list each day.**