Chronic Kidney Disease Nutrition Fact Sheets
Potassium in multicultural fruits and vegetables
Note: For additional detailed information on the role of potassium in Chronic Kidney Disease (CKD), we recommend the information that follows be read in conjunction with the related fact sheet Potassium.

Potassium in multicultural fruits and vegetables

The following table lists fruits and vegetables often used in multicultural cuisines. The foods are listed by the approximate amount of potassium they contain. We have attempted to identify those foods most commonly used. Note, there are often spelling and naming variations for some of these foods.

Important: Be aware that various resources and renal programs use different cut-off levels to determine which foods are lower or higher sources of potassium. Therefore, you may find some variations when comparing the following information to other potassium diet resources and food lists. The food lists that follow use 200mg per serving as the cut-off level. If you are in doubt about a particular food, please ask your registered dietitian. The Canadian Nutrient File was used to determine potassium content except where indicated.

<table>
<thead>
<tr>
<th>Potassium Guidelines for Choosing Native North American, European and Scandinavian Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong> (a serving is ½ cup raw, unless otherwise noted)</td>
</tr>
<tr>
<td><strong>Choose</strong></td>
</tr>
<tr>
<td>Chokecherry</td>
</tr>
<tr>
<td>Cloudberry (Bakeapple)</td>
</tr>
<tr>
<td>Crabapple</td>
</tr>
<tr>
<td>Groundcherry (Cape Gooseberry, Golden Berry)</td>
</tr>
<tr>
<td>Lingonberry (Cranberry)</td>
</tr>
<tr>
<td>Pomegranate (1/2 of fruit, 9.5 cm diameter)</td>
</tr>
<tr>
<td>Quince (1 fruit)</td>
</tr>
</tbody>
</table>

continued next page
### Potassium Guidelines for Choosing Native North American, European and Scandinavian Foods (continued)

#### Vegetables (a serving is ½ cup boiled and drained, unless otherwise noted)

<table>
<thead>
<tr>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula (Rocket), raw</td>
<td>Artichoke Hearts</td>
</tr>
<tr>
<td>Cactus (Cactus Pads, Cacti, Nopales)</td>
<td>Cardoon</td>
</tr>
<tr>
<td>Calabash (Bottlegourd, Indian Pumpkin)</td>
<td>Celeriac (Celery Root), raw</td>
</tr>
<tr>
<td>Celeriac (Celery Root)</td>
<td>Jerusalem Artichoke (Sunchoke), raw</td>
</tr>
<tr>
<td>Chicory (Belgium Endive), raw</td>
<td>Kidney Beans (Red Beans)</td>
</tr>
<tr>
<td>Collards</td>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Eggplant (Aubergine, Brinjal)</td>
<td>Salsify (Oysterplant, Vegetable Oyster)</td>
</tr>
<tr>
<td>Endive/Escarole, raw</td>
<td>Sorrel (Dock, Sour Grass, Wild Rhubarb)</td>
</tr>
<tr>
<td>Fennel, raw</td>
<td>Sweet Potato</td>
</tr>
<tr>
<td>Fiddlehead Greens (Ferns), frozen and boiled</td>
<td>Swiss Chard</td>
</tr>
<tr>
<td>Hominy (canned, amount to make 1/2 cup)</td>
<td>White Beans (Cannellini)</td>
</tr>
<tr>
<td>Irishmoss (Seaweed), raw</td>
<td>Yucca (Cassava, Manioc), raw</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td></td>
</tr>
<tr>
<td>Radicchio, raw</td>
<td></td>
</tr>
<tr>
<td>Turnip</td>
<td></td>
</tr>
<tr>
<td>Turnip Greens</td>
<td></td>
</tr>
</tbody>
</table>
### Potassium Guidelines for Choosing Mexican, Central American, South American and Caribbean Foods

<table>
<thead>
<tr>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acerola Cherry (West Indian Cherry)</td>
<td>Avocado (Alligator Pear)</td>
</tr>
<tr>
<td>Feijoa (Pineapple Guava)</td>
<td>Breadfruit</td>
</tr>
<tr>
<td>Groundcherry (Cape Gooseberry, Golden Berry)</td>
<td>Carambola (Starfruit, Bilimbi, Belimbing, Star Apple) (<em>toxic</em>)</td>
</tr>
<tr>
<td>Jackfruit, canned and drained</td>
<td>Coconut</td>
</tr>
<tr>
<td>Kumquat (5 fruits)</td>
<td>Custard-apple</td>
</tr>
<tr>
<td>Pitanga (Brazilian Cherry)</td>
<td>Guava</td>
</tr>
<tr>
<td>Quince (1 fruit)</td>
<td>Jackfruit</td>
</tr>
<tr>
<td>Rose-apple (Pomarrosa) (1 small fruit, 6.4 cm diameter)</td>
<td>Papaya (Pawpaw, Tree Melon) (1/2 of fruit)</td>
</tr>
<tr>
<td></td>
<td>Passion Fruit (Granadilla, Lilikoi)</td>
</tr>
<tr>
<td></td>
<td>Plantain</td>
</tr>
<tr>
<td></td>
<td>Prickly Pear (1 fruit)</td>
</tr>
<tr>
<td></td>
<td>Sapote (Casimiroa) (1 fruit)</td>
</tr>
<tr>
<td></td>
<td>Soursop (Sweetsop, Guanabana, Sugar/Custard Apple, Cherimoya)</td>
</tr>
<tr>
<td></td>
<td>Tamarind Pulp</td>
</tr>
<tr>
<td></td>
<td>Zapote (Sapodilla)</td>
</tr>
</tbody>
</table>

*Toxic, do not consume. Speak to your Registered Dietitian.
<table>
<thead>
<tr>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bamboo Shoots, canned and drained</td>
<td>Amaranth Leaves (Yien Choy, Chinese Spinach)</td>
</tr>
<tr>
<td>Cactus (Cactus Pads, Cacti, Nopales)</td>
<td>Avocado (Alligator Pear)</td>
</tr>
<tr>
<td>Chayote, (raw, or boiled and drained)</td>
<td>Bamboo Shoots</td>
</tr>
<tr>
<td>Collards</td>
<td>Black Beans</td>
</tr>
<tr>
<td>Hearts of Palm, canned and drained</td>
<td>Callaloo (Taro Leaves), steamed</td>
</tr>
<tr>
<td>Jicama (Yam Bean, Jimaca) raw, or boiled and drained</td>
<td>Hearts of Palm, raw</td>
</tr>
<tr>
<td>Mustard Greens</td>
<td>Pepitas (Pumpkin Seeds), roasted (1/4 cup)</td>
</tr>
<tr>
<td>Okra</td>
<td>Pinto Beans</td>
</tr>
<tr>
<td>Tomatillo (Husk Tomato), raw</td>
<td>Taro Shoots</td>
</tr>
<tr>
<td>Watercress, raw</td>
<td>Yam</td>
</tr>
<tr>
<td></td>
<td>Yucca (Cassava, Manioc), raw</td>
</tr>
</tbody>
</table>
### Potassium Guidelines for Choosing Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islands Foods

#### Fruits (a serving is ½ cup raw, unless otherwise noted)

<table>
<thead>
<tr>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Pear (1 fruit, 5.7 cm diameter)</td>
<td>Breadfruit</td>
</tr>
<tr>
<td>Jackfruit, canned and drained</td>
<td>Durian</td>
</tr>
<tr>
<td>Jujubes (Red Date, Chinese Date) (5 medium fruits)</td>
<td>Guava</td>
</tr>
<tr>
<td>Kumquat (5 fruits)</td>
<td>Jackfruit</td>
</tr>
<tr>
<td>Longan (Dragon's Eye) (20 fruits)</td>
<td>Loquat (Nispero)</td>
</tr>
<tr>
<td>Lychee (Litchi)</td>
<td>Passion Fruit (Granadilla, Lilikoi)</td>
</tr>
<tr>
<td>Mandarin Orange (Tangerine)</td>
<td>Persimmon, Japanese (1 fruit, 6.4 cm diameter)</td>
</tr>
<tr>
<td>Mangosteen, canned and drained</td>
<td>Persimmon, Native (4 fruit)</td>
</tr>
<tr>
<td>Pomegranate (1/2 of fruit, 9.5 cm diameter)</td>
<td>Plantain</td>
</tr>
<tr>
<td>Rambutan, canned and drained</td>
<td>Prickly Pear (1 fruit)</td>
</tr>
<tr>
<td>Rose-apple (Pomarrosa) (1 small, 6.4 cm diameter)</td>
<td>Starfruit (Carambola, Bilimbi, Belimbing, Star Apple) (*toxic)</td>
</tr>
<tr>
<td></td>
<td>Zapote (Sapodilla)</td>
</tr>
</tbody>
</table>

#### Vegetables (a serving is ½ cup boiled and drained, unless otherwise noted)

<table>
<thead>
<tr>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa Sprouts, raw</td>
<td>Adzuki Beans</td>
</tr>
<tr>
<td>Bamboo Shoots, canned and drained</td>
<td>Amaranth Leaves (Yien Choy, Chinese Spinach)</td>
</tr>
<tr>
<td>Bean Sprouts, raw</td>
<td>Bamboo Shoots</td>
</tr>
<tr>
<td>Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips)</td>
<td>Bitter Melon Pods (Bitter Gourd Pods, Balsam Pear Pods)</td>
</tr>
<tr>
<td>Daikon (Oriental Radish, White Radish), raw</td>
<td>Bok Choy (Chinese Chard, Pak Choi)</td>
</tr>
</tbody>
</table>

* Toxic, do not consume. Speak to your Registered Dietitian.

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*continued* next page
Potassium Guidelines for Choosing Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islands Foods (continued)

<table>
<thead>
<tr>
<th>Vegetables (a serving is ½ cup boiled and drained, unless otherwise noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandelion Greens</td>
</tr>
<tr>
<td>Drumstick Plant Leaves**</td>
</tr>
<tr>
<td>Ferns</td>
</tr>
<tr>
<td>Gai Choy (Mustard Greens)</td>
</tr>
<tr>
<td>Gai Lan (Chinese Broccoli/Kale)</td>
</tr>
<tr>
<td>Hearts of Palm, canned and drained</td>
</tr>
<tr>
<td>Jew’s Ear (Cloud Ear, Wood Ear), raw</td>
</tr>
<tr>
<td>Jicama (Yam Bean, Jimaca), raw or boiled and drained</td>
</tr>
<tr>
<td>Nappa Cabbage (Suey choy, Chinese Cabbage), raw or boiled and drained</td>
</tr>
<tr>
<td>Seaweed (Agar), dried</td>
</tr>
<tr>
<td>Seaweed (Dulse, Nori), dried</td>
</tr>
<tr>
<td>Seaweed (Wakame), raw</td>
</tr>
<tr>
<td>Snow Peas, raw (15)</td>
</tr>
<tr>
<td>Swamp Cabbage (Skunk Cabbage, Water Convulvolus), raw or boiled and drained</td>
</tr>
<tr>
<td>Water Chestnuts, canned and drained</td>
</tr>
<tr>
<td>Watercress, raw</td>
</tr>
<tr>
<td>Waxgourd (Chinese Preserving Melon)</td>
</tr>
</tbody>
</table>

** Nutrient information taken from USDA database.
| Potassium Guidelines for Choosing Middle Eastern, Balkan and South Asian Foods |
|---------------------------------|-----------------|
| **Fruits** (a serving is ½ cup raw, unless otherwise noted) | **Avoid** |
| **Choose** | **Avoid** |
| Boysenberry, frozen | Coconut |
| Casaba Melon | Date, Medjool (3 pitted fruits) |
| Clementine | Fig (3 small fruits, 3.8 cm diameter) |
| Loganberry, frozen | Guava |
| Lychee (Litchi) | Loquat |
| Pomegranate (1/2 of fruit, 9.5 cm diameter) | Passion Fruit |
| Rose-apple (1 small fruit, 6.4 cm diameter) | Sapote (Casimiroa) (1 fruit) |
| Tangerine (Mandarin Orange) | Tamarind Pulp |

*continued next page*
### Potassium Guidelines for Choosing Middle Eastern, Balkan and South Asian Foods (continued)

<table>
<thead>
<tr>
<th>Vegetables (a serving is ½ cup boiled and drained, unless otherwise noted)</th>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bamboo Shoots, canned and drained</td>
<td>Amaranth Leaves (Yien Choy, Chinese Spinach)</td>
<td></td>
</tr>
<tr>
<td>Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips)</td>
<td>Bitter Melon Pods (Bitter Gourd, Balsam Pear)</td>
<td></td>
</tr>
<tr>
<td>Coriander (Cilantro), raw</td>
<td>Artichoke Hearts</td>
<td></td>
</tr>
<tr>
<td>Crookneck Squash</td>
<td>Bamboo Shoots</td>
<td></td>
</tr>
<tr>
<td>Fava Beans (Broadbeans), fresh</td>
<td>Beet Greens</td>
<td></td>
</tr>
<tr>
<td>Grape Leaves</td>
<td>Bok Choy (Chinese Chard, Pak Choi)</td>
<td></td>
</tr>
<tr>
<td>Mint, raw</td>
<td>Cardoon</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Chickpeas (Garbanzo Beans, Bengal Gram)</td>
<td></td>
</tr>
<tr>
<td>Parsley, raw</td>
<td>Chilies (Hot Red or Green), raw</td>
<td></td>
</tr>
<tr>
<td>Snow Peas, raw</td>
<td>Cowpeas</td>
<td></td>
</tr>
<tr>
<td>Spaghetti Squash</td>
<td>Fava Beans (Broadbeans), dried, boiled</td>
<td></td>
</tr>
<tr>
<td>Water Chestnuts, canned and drained</td>
<td>Louts Root</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Parsnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pink Beans (Rosada)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water Chestnuts, raw</td>
<td></td>
</tr>
</tbody>
</table>
My Notes

My target potassium level is: ______________________
My current potassium level is: ______________________

My Goals: (e.g., I will choose cranberry juice instead of orange juice.)
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________

Key Points:
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________
_____________________________________________________________________________________________________

Dietitian: __________________________________________________

Telephone: __________________________________________________
About the Chronic Kidney Disease Nutrition Fact Sheets
The Chronic Kidney Disease Nutrition Fact Sheets were created by Ontario Renal Network in collaboration with Renal Dietitians in Ontario to standardize materials and to form a basis for cohesive education tools.

The nutrition working group adapted the fact sheets available on the Kidney Foundation of Canada’s website to create the Chronic Kidney Disease Nutrition Fact Sheets. These fact sheets are not meant to replace existing training materials you may have, but rather to supplement them as required.

The Chronic Kidney Disease Nutrition Fact Sheets can be used independently or as a set. The five fact sheets are: Phosphorus (phosphate); Sodium (salt); Potassium; Eating Guidelines for Diabetes; Potassium in multicultural fruits and vegetables.

Acknowledgement
The Chronic Kidney Disease Nutrition Fact Sheets were made possible through the efforts and commitments of The Independent Dialysis Dietitian Working Group: Christine Nash, RD (University Health Network); Shannon Chesterfield, RD (Hôtel-Dieu Grace Hospital); Melissa Atcheson, RD (Grand River Hospital); June Martin, RD (Grand River Hospital); Darlene Broad, RD (Kingston General Hospital).