

LOW POTASSIUM	HIGH POTASSIUM
GRAIN PRODUCTS (Breads, cereals, crackers, baked goods etc.) Limit to _____ servings daily   <u>Breads:</u> Challah, egg bread, English muffin (plain), Italian bread, light rye, reduced calorie oatbran, reduced calorie oatmeal, reduced calorie rye, reduced calorie wheat, reduced calorie white, roll-60% whole wheat, white bread, white pita, sourdough bread <u>Cereals (Cold):</u> Cheerios, corn bran, cornflakes, Crispix, Crispy Rice, Kashi puffed, puffed rice, puffed wheat, Rice Chex, Rice Krispies (plain, Multigrain and Vanilla), Special K (plain, Cinnamon & Pecan, Red Berries and Vanilla Almond), Team, Toasted Oat O's <u>Cereals (Hot):</u> Corn grits (yellow), cream of rice, cream of wheat, Puffy cornmeal (Robin Hood ®), Puffy wheatelets (Robin Hood ®) <u>Sweetened Cereals:</u> Alphabits, Applejacks, Captain Crunch, Cheerios-Apple Cinnamon and Frosted, Chex-honey Nut, Cocoa Puffs, Corn Flakes-Honey Nut, Corn Pops, Count Chocula, Frost Loops, Frosted Flakes, Fruit Flavored Multigrain O's, Golden Grahams, Honey Bunches of Oats (original), Honeycomb, Luck Charms, Nesquik, Nuts and Crunch, Pebbles-Cocoa and Fruity, Rice Krispies-Cocoa, Reese Peanut Butter Puffs, Smacks, Trix <u>Rice/Pasta/Grains:</u> White rice, white pasta, egg noodles, rice noodles, soba noodles <u>Crackers:</u> Cream crackers, Gerber Zwieback, graham crackers, matzo cracker, melba toast (white), rice cake (white), unsalted soda crackers, tacobortilla shell, water crackers <u>Baked Goods:</u> Arrowroot cookies, Angel food cake, homemade muffins (made with white flour, no nuts/cocoa/bran/oatmeal), chocolate chip cookies, oatmeal cookies, pound cake, short bread cookies, social tea biscuits, sugar cookies, vanilla wafers	<u>Breads:</u> Cornbread, cracked wheat, English muffin (raisin, whole wheat), multigrain, pumpkinickel, raisin bread, rice bran bread, whole wheat bread whole wheat pita, wheat bran, wheat germ <u>Cereals (Cold):</u> All Bran, All bran Buds, 100% bran, Bran Flakes, Cheerix (multigrain), Fibre 1, Fibre First Multigrain, Fruit & Fibre (all varieties), granola cereals (all varieties), Grape Nuts, Harvest Crunch (all flavours), Just Right, Kashi-Medley, Life, Mini Wheats, Muesli, Mufflets, Mustix (all types), oat bran, Oat Squares, Oatmeal Crisp, Raisin Bran (all types), 7 Reasons Multigrain, Shredded Wheat (all types), Shreddies (all types), Special K Satisfaction, Wheelabix <u>Cereal (Hot):</u> Oats (apple & cinnamon, cinnamon & spice, maple & brown sugar, peaches & cream, regular), Oat bran, Red River <u>Sweetened Cereals:</u> Cinnamon Toast, Honey Bunches of O's, Honey Bunches of Oats & Almonds, Honey Nut Cheerios <u>Rice/Pasta/Grains:</u> Brown or wild rice, whole wheat pasta, buckwheat <u>Crackers:</u> Cheddar cheese-flavoured crackers (Ritz, goldfish), crackers with peanut butter or cheese filling, milk crackers, rye & whole grain crackers, Triscuits, whole wheat matzo/crackers, crackers with seeds (e.g. sesame seeds) <u>Store-bought Cookies:</u> Chocolate coated cookies, peanut butter sandwich cookies, cookies with lots of nuts <u>Baked Goods:</u> Cakes not listed under "CHOOSE." All commercial muffins, cake/coffee/muffin mixes, pancake & waffle mixes, cream/custard/pecan pies, cake donuts (dense like cake such as an old fashioned donut or chocolate glaze donut), baked goods with significant chocolate, nuts, cream and/or custard filling * Also high in phosphorus

Dietitian: _____

Tel: (416) 438-2911 Extension _____

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FRUIT (½ cup = 1 serving)  Limit to ____ servings daily	Apple Boysenberries Clementine Grapefruit (½)* Lime Mango (½) Plum Strawberries *Avoid if on certain cholesterol-lowering pills - speak with your pharmacist	Applesauce Canned fruit (grained) Cranberries Grapes Loganberries Peach Raspberries Tangelo Blackberries Casaiba melon Currants Kumquats Lychees Pear Rhubarb Tangerine Watermelon Blueberries Cherries Gooseberries Lemon Mandarin Pineapple Sapodilla (½) Watermelon
JUICE	Apple juice Grape juice Nectar: apricot, guava, mango, papaya, peach and pear Blackberry juice Lemon juice Lime juice Pineapple juice Cranberry juice	Apricot Dates Green banana Kiwi Papaya Pomegranate Sapodilla (more than ½) Tamarind Banana Breadfruit Dried fruit (all types) Guava Honeydew melon Mango (more than ½) Passionfruit Pomeño (Pummelo) Sapote Soursoy Starfruit Cantaloupe Durian Fig Jackfruit Nectarine Orange Persimmon (Japanese) Prickly pear Prunes
VEGETABLES (½ cup = 1 serving) Limit to ____ servings daily 	Alfalfa sprouts Broccoli Cauliflower Chinese broccoli Cucumber Eggplant Green peas Lettuce Okra Snow peas String beans (green & yellow) Turnip Wing (Goa) beans Zucchini Angula Burdock root (raw) Celery (raw) Colicards Dandelion greens Endive Jute (raw) Mushrooms Onion Spaghetti squash Swiss chard (raw) Watercress Asparagus (6) Cabbage Cheyote Corn Daikon (raw) Escarole Fennel Kale Leeks Mustard greens Peppers Radish Swiss chard (raw)	Artichoke Asparagus (more than 6) Avocado Baked beans Beans (Azuki, black, French, lima, kidney, navy, pinto, soy, white) Bamboo Shoots Bean sprouts Beets Bok choy/pak choy/Chinese cabbage Brussels sprouts Burdock root (cooked) Cress (cooked) Dried mushrooms Jute (cooked) Parsnip Rapini (cooked) Spilt peas Sweet potato Water chestnuts Yarr Artichoke Asparagus (more than 6) Avocado Beans (Azuki, black, French, lima, kidney, navy, pinto, soy, white) Bamboo Shoots Bean sprouts Beets Bok choy/pak choy/Chinese cabbage Brussels sprouts Burdock root (cooked) Cress (cooked) Dried mushrooms Jute (cooked) Parsnip Rapini (cooked) Spilt peas Sweet potato Water chestnuts Yarr
ADDITIONAL ITEMS	Limit dairy products to ____ daily Herbs & spices, commercial herb/spice mixes (e.g. Mrs. Dash) Butter, margarine, oil, mayonnaise Artificial sweeteners, sugar, honey, jam, jelly, compenacake syrup Regular/decaf coffee & tea, lemonade, Kool-Aid, fruit punch, drink crystals, soft drinks (non-colas)	Dairy products in amounts greater than recommended (see left) Salt substitutes (e.g. No Salt, Nu Salt) Salt-free cheese Brown sugar, molasses, maple sugar or maple syrup Specialty coffee (capuccino, espresso, Turkish) Cocoa, Ovaltine, Postum Chocolate (any type), nuts and seeds (all varieties)