
















# Lower Potassium Fruits

Less than 200mg per 1/2 cup fresh, canned, or 1 small fruit  
(unless otherwise listed)

	Apple		Grapes
	Applesauce		Lemon or lime
	Apricot, fresh		Pear
	Berries		Pineapple
	Cherries		Plum
	Clementine		Tangerine or mandarin orange
	Dried apples, blueberries, cherries, or cranberries (1/4 cup)		Watermelon (1 cup)
	Fruit cup: any fruit, fruit cocktail		

## Juices (1/2 cup)

	Apple juice
	Cranberry juice
	Grape juice
	Lemon or lime juice
	Pineapple juice
	Nectars: apricot, mango, papaya, peach, or pear