

Higher Potassium Fruits

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



Avocado



Nectarine



Banana



Orange



Cantaloupe



Papaya



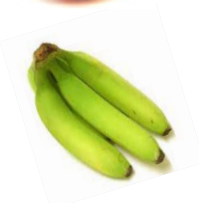
Dried fruit: raisins, dates, figs, apricots, bananas, peaches, pears, or prunes (1/4 cup)



Peach



Honeydew



Plantain



Kiwi



Pomegranate



Mango

Juices (1/2 cup)



Pomegranate juice



Prune juice



Orange juice