

**LIST OF POTASSIUM CONTENT OF COMMON FOODS**

<p><b><u>LOW - POTASSIUM FOODS</u></b>  <b><u>&lt;100 mg/100gm</u></b>  <b><u>(Can be used)</u></b></p> <p><b>CEREALS</b></p> <p>Rice            Rawa/Sooji            Refined Flour            Sago            Pasta            Noodles            Vermicelli            Bread and similar Products (Not whole grains)            Corn flour            Arrowroot            Corn            Popcorn            Cookies without nuts and chocolates</p>	<p><b>PULSES</b></p> <p>Nil</p>	<p><b>FRUITS</b></p> <p>Apple            Pineapple            Pears            Apricots            Jamun            Plum            Cherries            Grapes            Strawberries            Raspberries            Guava</p>	<p><b>VEGETABLES</b></p> <p>Cucumber            Taroi            Lauki            Parwal            Tinda            Sem            Peas            French Beans            Lettuce            Onion            Green Mango</p>	<p><b>MILK AND MILKPRODUCTS</b></p> <p>Nil</p>	<p><b>MEAT, FISH AND POULTRY</b></p> <p>Nil</p>
<p><b><u>MODERATE - POTASSIUM FOODS</u></b>  <b><u>100-200mg/100gm</u></b>  <b><u>(can be taken carefully)</u></b></p> <p><b>CEREALS</b></p> <p>Rice Flakes            Jowar</p>	<p><b>PULSES</b></p> <p>Nil</p>	<p><b>FRUITS</b></p> <p>Litchi            Peaches            Watermelon            Lemon</p>	<p><b>VEGETABLES</b></p> <p>Eggplant            Onion Stalks            Cauliflower            Cabbage            Radish            Turnip            Karela</p>	<p><b>MILK AND MILKPRODUCTS</b></p> <p>Nil</p>	<p><b>MEAT, FISH AND POULTRY</b></p> <p>All Fresh Water fishes            Egg White</p>
<p><b><u>HIGH - POTASSIUM FOODS</u></b>  <b><u>&gt;200mg/100gm</u></b>  <b><u>(Restricted)</u></b></p> <p><b>CEREALS</b></p> <p>Wheat Flour (Whole)            Bran and Bran products            oats            Ragi            Makka (Maize)            Bajra            Buckwheat (Kuttu)</p>	<p><b>PULSES</b></p> <p>Chana (Whole)            All Dals (esp. with Chhilka)            Peas Dry            Rajma            Chick Peas</p>	<p><b>FRUITS</b></p> <p>Banana (Ripe)            Orange            Musambi            Mango            Papaya            Pomegranate            Muskmelon            Apricots            Phalsa            Bael Fruit            Chikoo            Amla            Kiwi</p>	<p><b>VEGETABLES</b></p> <p>Brinjal            Spinach            Plantain            Lady's finger            Potato            Sweet Potato            Arvi            Zimikand            Tomato            Pumpkin            Coriander            Sehjan Ki Phali            ChaulayiSaag            Kathal (Jackfruit)            Kamalgatta            Green Papaya            Beetroot            Mushrooms</p>	<p><b>MILK AND MILKPRODUCTS</b></p> <p>Milk and milk products (All types)</p>	<p><b>MEAT, FISH AND POULTRY</b></p> <p>Beef            Pork            Lamb            Goat            Rohu            Salmon            Hilsa            Tuna            Egg yolk</p>