



Potassium in multicultural fruits and vegetables

Below are lists of fruits and vegetables often used in multicultural cuisines. The foods are listed by the approximate amount of potassium they contain.

There are many spelling variations and names for some of these foods and we have attempted to identify those most commonly used.

Important Notes: Please 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 in potassium diet resources and food lists.

The food lists below 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.

Native American, European and Scandinavian Cuisines	
Fruits	
(a serving is ½ cup raw , unless otherwise noted)	
Choose	Avoid
Chokecherry (183mg)	Elderberry (214mg)
Cloudberry (Bakeapple) (144mg)	Persimmon, Japanese (1 fruit – 6.4cm diameter) (270mg)
Crabapple (113mg)	Persimmon, Native (4 fruits) (310mg)
Groundcherry (Cape Gooseberry, Golden Berry) (115mg)	Prickly Pear (1fruit) (227mg)
Lingonberry (Cranberry) (65mg)	
Pomegranate (1/2 of fruit – 9.5cm diameter) (182mg)	
Quince (1 fruit) (181mg)	

Native American, European and Scandinavian Cuisines

Vegetables

(a serving is $\frac{1}{2}$ cup boiled and drained, unless otherwise noted)

Choose	Avoid
Arugula (Rocket), raw (39mg)	Artichoke Hearts (254mg)
Cactus (Cactus Pads, Cacti, Nopales) (154mg)	Cardoon (392mg)
Calabash (Bottlegourd, Indian Pumpkin) (131mg)	Celeriac (Celery Root), raw (247mg)
Celeriac (Celery Root) (142mg)	Jerusalem Artichoke (Sunchoke), raw (340mg)
Chicory (Belgium Endive), raw (100mg)	Kidney Beans (Red Beans) (379mg)
Collards (116mg)	Kohlrabi (296mg)
Eggplant (Aubergine, Brinjal) (64mg)	Salsify (Oysterplant, Vegetable Oyster) (202mg)
Endive / Escarole, raw (83mg)	Sorrel (Dock, Sour Grass, Wild Rhubarb) (305mg)
Fennel, raw (190mg)	Sweet Potato (399mg)
Fiddlehead Greens (Ferns), frozen and boiled (129mg)	Swiss Chard (508mg)
Hominy (canned, amount to make $\frac{1}{2}$ cup) (2mg)	White Beans (Cannellini) (438mg)
Irishmoss (Seaweed), raw (27mg)	Yucca (Cassava, Manioc), raw (295mg)
Mustard Greens (149mg)	
Radicchio, raw (64mg)	
Turnip (146mg)	
Turnip Greens (154mg)	

Mexican, Central American, South American and Caribbean Cuisines

Fruits

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

Choose	Avoid
Acerola Cherry (West Indian Cherry) (76mg)	Avocado (Alligator Pear) (374mg)
Feijoa (Pineapple Guava) (199mg)	Breadfruit (570mg)
Groundcherry (Cape Gooseberry, Golden Berry) (115mg)	Carambola (Star Fruit) (** toxic)
Jackfruit , canned and drained (90mg)	Coconut
Kumquat (5 fruits) (177mg)	Custard-apple (478mg)
Pitanga (Brazilian Cherry) (94mg)	Guava (364mg)
Quince (1 fruit) (181mg)	Jackfruit (264mg)
Rose-apple (Pomarrosa) (1 small fruit – 6.4cm diameter) (123mg)	Papaya (Pawpaw, Tree Melon) (1/2 of fruit) (392mg)
	Passion Fruit (Granadilla, Lilikoi) (434mg)
	Plantain (390mg)
	Prickly Pear (1 fruit) (227mg)
	Sapote (Casimiroa) (1 fruit) (774mg)
	Soursop (Sweetsop, Guanabana, Sugar/Custard Apple, Cherimoya) (330mg)
	Tamarind Pulp (398mg)
	Zapote (Sapodilla) (246mg)

Mexican, Central American, South American and Caribbean Cuisines

Vegetables

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

Choose	Avoid
Bamboo Shoots, canned and drained (55mg)	Amaranth Leaves (Yien Choy, Chinese Spinach) (447mg)
Cactus (Cactus Pads, Cacti, Nopales) (154mg)	Avocado (Alligator Pear) (374mg)
Chayote, (raw - 87mg or boiled and drained -146mg)	Bamboo Shoots (338mg)
Collards (116mg)	Black Beans (423mg)
Hearts of Palm, canned (137mg)	Callaloo (Taro Leaves), steamed (352mg)
	Hearts of Palm, raw (1264mg)
Jicama (Yam Bean, Jimaca) (95mg)	Pepitas (Pumpkin Seeds), roasted (1/4 cup) (454mg)
Mustard Greens (149mg)	Pinto Beans (394mg)
Okra (114mg)	Taro Shoots (254mg)
Tomatillo (Husk Tomato), raw (187mg)	Yam (481mg)
Watercress, raw (60mg)	Yucca (Cassava, Manioc), raw (295mg)

Asian Cuisines Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islander, Mainland Southeast Asian	
Fruits (a serving is ½ cup raw , unless otherwise noted)	
Choose	Avoid
Asian Pear (1 fruit) (148mg)	Breadfruit (570mg)
Jackfruit, canned and drained (90mg)	Durian (560mg)
Jujubes (Red Date, Chinese Date) (5 medium fruits) (175mg)	Guava (364mg)
Kumquat (5 fruits) (177mg)	Jackfruit raw (264mg)
Longan (Dragon's Eye) (20 fruits) (170mg)	Loquat (Nispero) (210mg)
Lychee (Litchi) (172mg)	Passion Fruit (Granadilla, Lilikoi) (434mg)
Mandarin Orange (Tangerine) (171mg)	Persimmon, Japanese (1 fruit – 6.4cm diameter) (270mg)
Mangosteen, canned and drained (50mg)	Persimmon, Native (2 fruit) (310mg)
Pomegranate (1/2 of fruit – 9.5cm diameter) (182mg)	Plantain (390mg)
Rambutan, canned and drained (33mg)	Prickly Pear (1 fruit) (227mg)
Rose-apple (Pomarrosa) (1 small fruit – 6.4cm diameter) (123mg)	Star Fruit (Carambola) (**toxic)
	Zapote (Sapodilla) (246mg)

Asian Cuisines Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islander, Mainland Southeast Asian	
Vegetables (a serving is ½ cup boiled and drained , unless otherwise noted)	
Choose	Avoid
Alfalfa Sprouts, raw (14mg)	Adzuki Beans (646mg)
Bamboo Shoots, canned and drained (55mg)	Amaranth Leaves (Yien Choy, Chinese Spinach) (447mg)
Bean Sprouts, raw (82mg)	Bamboo Shoots (338mg)
Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips) (184mg)	Bitter Melon Pods (Bitter Gourd Pods, Balsam Pear Pods) (209mg)
Daikon (Oriental Radish, White Radish), raw (106mg)	Bok Choy (Chinese Chard, Pak Choi) (333mg)
Dandelion Greens (129mg)	Burdock Root (238mg)
Drumstick Plant Leaves (72mg)**	Callallo (Taro Leaves), steamed (352mg)
Ferns (129mg)	Chrysanthemum Greens (Chop Suey Greens) (301mg)
Gai Choy (Mustard Greens) (149mg)	Daikon (Oriental Radish, White Radish) (221mg)
Gai Lan (Chinese Broccoli / Kale) (121mg)	Drumstick Pods (270mg)**
Hearts of Palm, canned and drained (137mg)	Edamame (Soybeans) (513mg)
Jew's Ear (Cloud or Wood Ear), raw (22mg)	Hearts of Palm, raw (1264mg)
Jicama (Yam Bean, Jimaca) (95mg)	Jute (Potherb) (253mg)
Nappa Cabbage (Suey choy, Chinese Cabbage) (141mg)	Longbean (Yardlong Bean) (285mg)
Seaweed (Agar), dried (89mg)	Lotus Root (230mg)

Asian Cuisines	
Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islander, Mainland Southeast Asian	
Vegetables	
(a serving is ½ cup boiled and drained , unless otherwise noted)	
Choose	Avoid
Seaweed (Dulse, Nori), dried (176mg)	Mung Beans (284mg)
Snow Peas, raw (67mg)	Pink Beans (Rosada) (454mg)
Swamp Cabbage (Skunk Cabbage, Water Convulvolus) (147mg)	Purslane (296mg)
Water Chestnuts, canned and drained (87mg)	Rutabaga (Swede) (293mg)
Watercress, raw (60mg)	Snow Peas (203mg)
Wax Beans (96mg)	Taro Shoots (254mg)
Waxgourd (Chinese Preserving Melon) (5mg)	Water Chestnuts, raw (383mg)

Middle Eastern, Balkan and South Asian Cuisines	
Fruits	
(a serving is ½ cup raw, unless otherwise noted)	
Choose	Avoid
Boysenberry, frozen (97mg)	Coconut
Casaba Melon (163mg)	Date, Medjool (3 pitted fruits) (501mg)
Clementine (182mg)	Fig (3 small fruits – 3.8cm diameter) (279mg)
Loganberry, frozen (113mg)	Guava (364mg)
Lychee (Litchi) (172mg)	Loquat (210mg)
Pomegranate (1/2 of fruit – 9.5cm diameter) (182mg)	Passion Fruit (434mg)
Rose-apple (1 small fruit – 6.4cm diameter) (123mg)	Sapote (Casimiroa) (1 fruit) (774mg)
Tangerine (Mandarin Orange) (171mg)	Tamarind Pulp (398mg)

Middle Eastern, Balkan and South Asian Cuisines	
Vegetables	
(a serving is ½ cup boiled and drained , unless otherwise noted)	
Choose	Avoid
Bamboo Shoots, canned and drained (55mg)	Amaranth Leaves (Yien Choy, Chinese Spinach) (447mg)
Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips) (184mg)	Bitter Melon Pods (Bitter Gourd, Balsam Pear) (209mg)
Coriander (Cilantro), raw (44mg)	Artichoke Hearts (254mg)
Crookneck Squash (168mg)	Bamboo Shoots (338mg)
Fava Beans (Broadbeans), fresh (173mg)	Beet Greens (692mg)
Grape Leaves (2mg)	Bok Choy (Chinese Chard, Pak Choi) (333mg)
Mint, raw (75mg)	Cardoon (392mg)
Okra (114mg)	Chickpeas (Garbanzo Beans, Bengal Gram) (252mg)
Snow Peas, raw (67mg)	Chilies: Hot Red or Green, raw (269mg)
Spaghetti Squash (96mg)	

Middle Eastern, Balkan and South Asian Cuisines

Vegetables

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

Choose	Avoid
Water Chestnuts, canned and drained (87mg)	Cowpeas (342mg)
	Fava Beans (Broadbeans), dried, boiled (241mg)
	Louts Root (230mg)
	Parsnips (302mg)
	Pink Beans (Rosada) (454mg)
	Snow Peas (203mg)
	Water Chestnuts, raw (383mg)

** Nutrient information taken from USDA database.

For information and tools to help you manage your kidney-friendly diet, visit www.kidneycommunitykitchen.ca

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