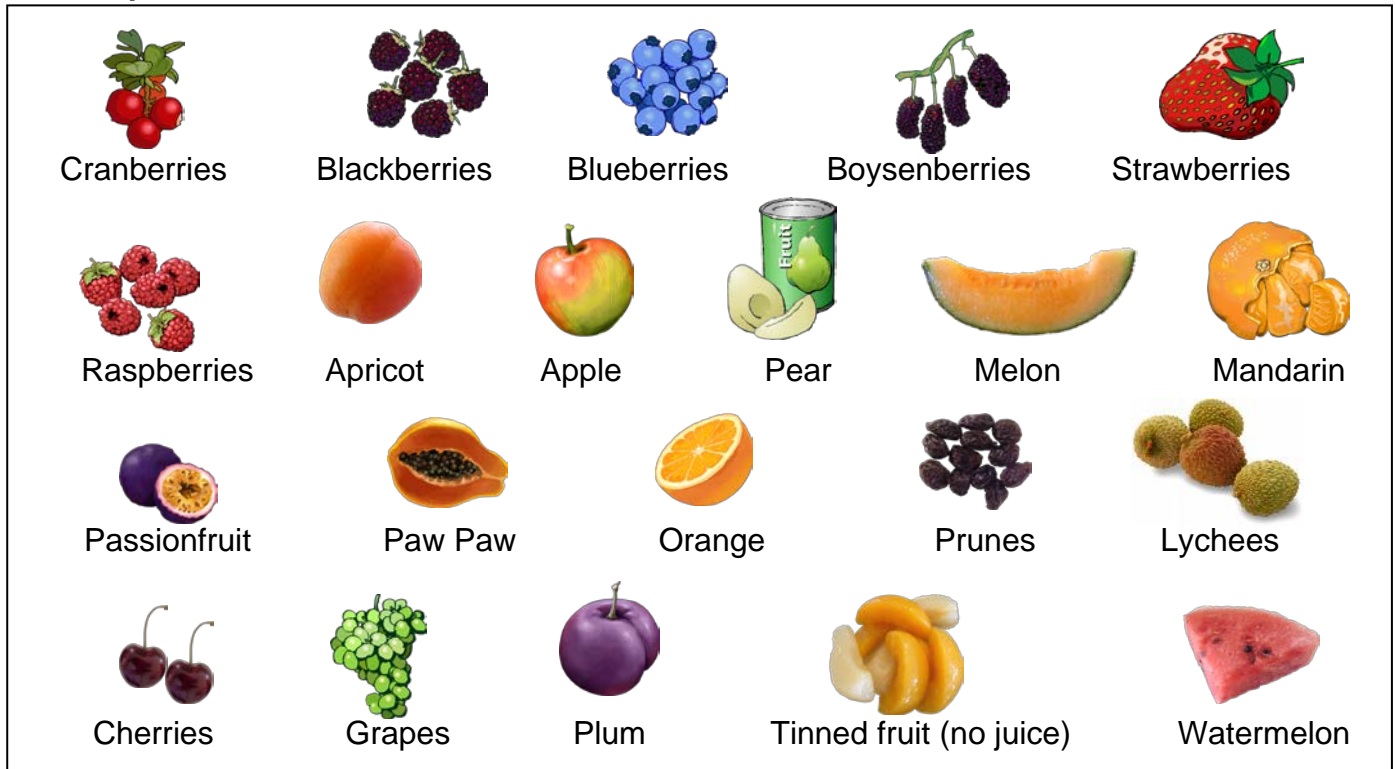


## Potassium in fruit

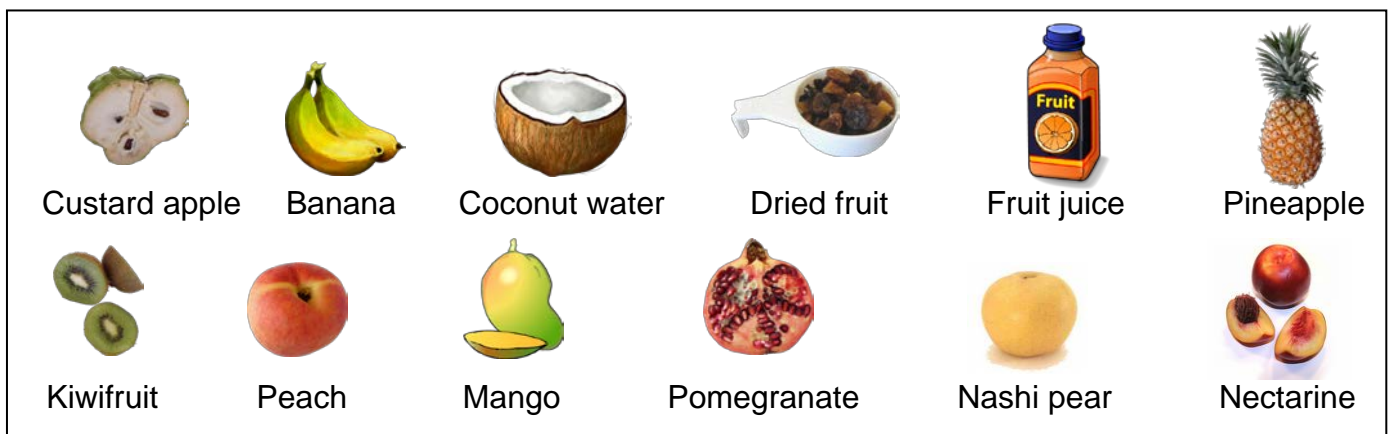
Choose \_\_\_\_\_ serves of fruit each day.

1 serve is ½ cup or whatever fits into the palm of your hand.

### Low potassium fruits:



### High potassium fruits:



**AVOID eating star fruit and grapefruit as these can interfere with how your medication works**



Star fruit

Grapefruit

