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:

- Cranberries
- Blackberries
- Blueberries
- Boysenberries
- Strawberries
- Raspberries
- Apricot
- Apple
- Pear
- Melon
- Mandarin
- Passionfruit
- Paw Paw
- Orange
- Prunes
- Lychees
- Cherries
- Grapes
- Plum
- Tinned fruit (no juice)
- Watermelon

High potassium fruits:

- Custard apple
- Banana
- Coconut water
- Dried fruit
- Fruit juice
- Pineapple
- Kiwifruit
- Peach
- Mango
- Pomegranate
- Nashi pear
- Nectarine

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

Resource adapted with permission from the Auckland Renal Dietitians, Auckland District Health Board.
This is a consensus document from Dietitian/Nutritionists from the Nutrition Education Materials Online, “NEMO”, team.

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