

Potassium Content of NZ Food

FOOD GROUP	LOW POTASSIUM FOODS [< 150mg (3.9mmol) per serving]	MEDIUM POTASSIUM [150-250mg(3.9-6.4 mmol) per serving]	HIGH POTASSIUM FOODS [> 250mg (6.4 mmol per serving)]		
FRUIT	<p><i>Fresh</i></p> Apples Pears Feijoas Persimmon Passionfruit Tangelo Nashi Cherries Olives Blueberries Strawberries Paw/Papaya Raspberries Blackberries Paw Paw/ Papaya	<p><i>Canned</i></p> Apples Pears Pineapple Mandarin Plums Mango Guava Cranberries Peaches Lychee Paw	Lemon Mango Orange Plums Mandarin Tamarillo Watermelon	Apricots-(fresh, canned, dried) Nectarines Peaches Grapefruit Grapes Pineapple Kiwifruit Bananas Coconut - flesh Honeydew melon Rockmelon Avocado Rhubarb	
VEGETABLES	Cabbage Cauliflower Green beans Carrots Bean sprouts Celery Cucumber Puha Peas Marrow Courgette Spinach Mixed Vegetables	Garlic Spring onion Radish Turnip Eggplant Watercress Lettuce Choko Swede	Potato - boiled Pumpkin – boiled Asparagus Broad beans Beetroot Sweetcorn Leeks/ Onion Parsnips Brussels sprouts Lentils Chickpeas Potato Salad Bean Salad	Potato – baked, chips, instant roasted, and microwaved. Pumpkin – roasted Kumara Broccoli Taro/Taro leaves Mushroom Tomato Silverbeet Baked Beans/Dried Beans Kidney Beans Breadfruit/ Cassava / Yam Green Banana	
CEREALS AND BAKING	Porridge Rice bubbles Cornflakes Weetbix Honey Puffs White rice Noodles Pasta	Bread Chapatis Scones Biscuits - plain Cake - plain Meringues Crumpet Sago/Rice	Bran bix Chocolate biscuits Brown rice Fruit cake Muesli bar	Bran breakfast cereal Oat Bran Bran muffins Muesli	
EXTRAS	Margarine Butter Jam Honey Marmite	Salad Dressing Chutney/ Pickle Cream Lollies Vegemite	Spaghetti – canned Cornchips Tofu Golden Syrup Peanut butter	Potato Chips/Crisps/ Nuts Tomato soup Tomato puree & sauce Chocolate Salt Substitutes	
DRINKS	Cordial Ribena Tea Liqueurs Cranberry Juice Powdered Drinks Coffee - Instant	Soft Drink Diet Soft Drink Spirits/ Sherry Beer	Apple Juice Brewed Coffee Horlicks Island cocoa Drinking Chocolate Just Juice (not orange/orange based)	Milo Wine Ovaltine Bournvita	Coconut cream/milk/juice Pineapple Juice Vegetable Juices Grapefruit Juice Orange Juice Tomato Juice Soy Milk

Potassium content based on: The Concise New Zealand Food Composition Tables (4th ed), The Pacific Islands Food Composition Tables, New Zealand Therapeutic Database.