

High Potassium Foods



BANANAS



ORANGES & ORANGE JUICE



MELON



KIWI



MANGO



PEACHES



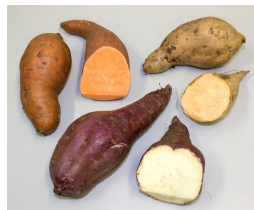
NECTARINES



DRIED FRUIT



DRIED BEANS, PEAS & LIMA BEANS



WHITE & SWEET POTATO



FRENCH FRIES



CHIPS



MUSHROOMS



AVOCADO



ASPARAGUS



TOMATO



SQUASH



PEANUTS, ALMONDS, & PECANS



MILK



COFFEE & COCOA



TOMATO/SPAGHETTI SAUCE



SALT SUBSTITUTE



CHOCALATE



Alimentos Altos en Potasio



BANANA (GUINEOS)



NARANJAS & JUGO DE NARANJA



MELÓN



KIWI



MANGO



ALBARICOQUE



NECTARINES



FRUTAS SECAS



FRIJOLES (HABICHUELAS), SECAS, HABAS LIMA



PAPAS Y BATATAS



PAPITAS FRITAS



PAPITAS



SETAS (HONGOS)



AGUACATE



ESPÁRRAGOS



TOMATE



CALABACIN



MANÍ, ALMENDRAS Y NUECES



LECHE



CAFÉ, COCOA



SALSA DE TOMATE/ ESPAGUETI



SUSTITUTO SAL



CHOCOLATE

