

Chronic  
Kidney Disease

Potassium  
in multicultural fruits  
and vegetables



# Chronic Kidney Disease Nutrition Fact Sheets

## Potassium in multicultural fruits and vegetables



**Note:** For additional detailed information on the role of potassium in Chronic Kidney Disease (CKD), we recommend the information that follows be read in conjunction with the related fact sheet *Potassium*.



## Potassium in multicultural fruits and vegetables

The following table lists fruits and vegetables often used in multicultural cuisines. The foods are listed by the approximate amount of potassium they contain. We have attempted to identify those foods most commonly used. Note, there are often spelling and naming variations for some of these foods.

**Important:** 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 when comparing the following information to other potassium diet resources and food lists. The food lists that follow 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.

Potassium Guidelines for Choosing Native North American, European and Scandinavian Foods	
Fruits (a serving is ½ cup raw, unless otherwise noted)	
Choose	Avoid
Chokecherry	Elderberry
Cloudberry (Bakeapple)	Persimmon, Japanese (1 fruit, 6.4 cm diameter)
Crabapple	Persimmon, Native (4 fruits)
Groundcherry (Cape Gooseberry, Golden Berry)	Prickly Pear (1 fruit)
Lingonberry (Cranberry)	
Pomegranate (1/2 of fruit, 9.5 cm diameter)	
Quince (1 fruit)	

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<b>Potassium Guidelines for Choosing Native North American, European and Scandinavian Foods (continued)</b>	
<b>Vegetables</b> (a serving is ½ cup boiled and drained, unless otherwise noted)	
<b>Choose</b>	<b>Avoid</b>
Arugula (Rocket), raw	Artichoke Hearts
Cactus (Cactus Pads, Cacti, Nopales)	Cardoon
Calabash (Bottlegourd, Indian Pumpkin)	Celeriac (Celery Root), raw
Celeriac (Celery Root)	Jerusalem Artichoke (Sunchoke), raw
Chicory (Belgium Endive), raw	Kidney Beans (Red Beans)
Collards	Kohlrabi
Eggplant (Aubergine, Brinjal)	Salsify (Oysterplant, Vegetable Oyster)
Endive/Escarole, raw	Sorrel (Dock, Sour Grass, Wild Rhubarb)
Fennel, raw	Sweet Potato
Fiddlehead Greens (Ferns), frozen and boiled	Swiss Chard
Hominy (canned, amount to make 1/2 cup)	White Beans (Cannellini)
Irishmoss (Seaweed), raw	Yucca (Cassava, Manioc), raw
Mustard Greens	
Radicchio, raw	
Turnip	
Turnip Greens	

## Potassium Guidelines for Choosing Mexican, Central American, South American and Caribbean Foods

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

<b>Choose</b>	<b>Avoid</b>
Acerola Cherry (West Indian Cherry)	Avocado (Alligator Pear)
Feijoa (Pineapple Guava)	Breadfruit
Groundcherry (Cape Gooseberry, Golden Berry)	Carambola (Starfruit, Bilimbi, Belimbing, Star Apple) (*toxic)
Jackfruit , canned and drained	Coconut
Kumquat (5 fruits)	Custard-apple
Pitanga (Brazilian Cherry)	Guava
Quince (1 fruit)	Jackfruit
Rose-apple (Pomarrosa) (1 small fruit, 6.4 cm diameter)	Papaya (Pawpaw, Tree Melon) (1/2 of fruit)
* Toxic, do not consume. Speak to your Registered Dietitian.	Passion Fruit (Granadilla, Lilikoi)
	Plantain
	Prickly Pear (1 fruit)
	Sapote (Casimiroa) (1 fruit)
	Soursop (Sweetsop, Guanabana, Sugar/ Custard Apple, Cherimoya)
	Tamarind Pulp
	Zapote (Sapodilla)

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<b>Potassium Guidelines for Choosing Mexican, Central American, South American and Caribbean Foods (continued)</b>	
<b>Vegetables</b> (a serving is ½ cup boiled and drained, unless otherwise noted)	
<b>Choose</b>	<b>Avoid</b>
Bamboo Shoots, canned and drained	Amaranth Leaves (Yien Choy, Chinese Spinach)
Cactus (Cactus Pads, Cacti, Nopales)	Avocado (Alligator Pear)
Chayote, (raw, or boiled and drained)	Bamboo Shoots
Collards	Black Beans
Hearts of Palm, canned and drained	Callaloo (Taro Leaves), steamed
Jicama (Yam Bean, Jimaca) raw, or boiled and drained	Hearts of Palm, raw
Mustard Greens	Pepitas (Pumpkin Seeds), roasted (1/4 cup)
Okra	Pinto Beans
Tomatillo (Husk Tomato), raw	Taro Shoots
Watercress, raw	Yam
	Yucca (Cassava, Manioc), raw

## Potassium Guidelines for Choosing Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islands Foods

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

Choose	Avoid
Asian Pear (1 fruit, 5.7 cm diameter)	Breadfruit
Jackfruit, canned and drained	Durian
Jujubes (Red Date, Chinese Date) (5 medium fruits)	Guava
Kumquat (5 fruits)	Jackfruit
Longan (Dragon's Eye) (20 fruits)	Loquat (Nispero)
Lychee (Litchi)	Passion Fruit (Granadilla, Lilikoi)
Mandarin Orange (Tangerine)	Persimmon, Japanese (1 fruit, 6.4 cm diameter)
Mangosteen, canned and drained	Persimmon, Native (4 fruit)
Pomegranate (1/2 of fruit, 9.5 cm diameter)	Plantain
Rambutan, canned and drained	Prickly Pear (1 fruit)
Rose-apple (Pomarrosa) (1 small, 6.4 cm diameter)	Starfruit (Carambola, Bilimbi, Belimbing, Star Apple) (*toxic)
	Zapote (Sapodilla)

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

Choose	Avoid
Alfalfa Sprouts, raw	Adzuki Beans
Bamboo Shoots, canned and drained	Amaranth Leaves (Yien Choy, Chinese Spinach)
Bean Sprouts, raw	Bamboo Shoots
Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips)	Bitter Melon Pods (Bitter Gourd Pods, Balsam Pear Pods)
Daikon (Oriental Radish, White Radish), raw	Bok Choy (Chinese Chard, Pak Choi)

\* Toxic, do not consume. Speak to your Registered Dietitian.

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## Potassium Guidelines for Choosing Chinese, Japanese, Korean, Filipino, Vietnamese, Pacific Islands Foods (continued)

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

Dandelion Greens	Burdock Root
Drumstick Plant Leaves**	Callallo (Taro Leaves), steamed
Ferns	Chrysanthemum Greens (Chop Suey Greens)
Gai Choy (Mustard Greens)	Daikon (Oriental Radish, White Radish)
Gai Lan (Chinese Broccoli/Kale)	Drumstick Pods **
Hearts of Palm, canned and drained	Edamame (Soybeans)
Jew's Ear (Cloud Ear, Wood Ear), raw	Hearts of Palm, raw
Jicama (Yam Bean, Jimaca), raw or boiled and drained	Jute (Potherb)
Nappa Cabbage (Suey choy, Chinese Cabbage), raw or boiled and drained	Longbean (Yardlong Bean)
Seaweed (Agar), dried	Lotus Root
Seaweed (Dulse, Nori), dried	Mung Beans
Seaweed (Wakame), raw	Pink Beans (Rosada)
Snow Peas, raw (15)	Purslane
Swamp Cabbage (Skunk Cabbage, Water Convulvolus), raw or boiled and drained	Rutabaga (Swede)
Water Chestnuts, canned and drained	Taro Shoots
Watercress, raw	Water Chestnuts, raw
Waxgourd (Chinese Preserving Melon)	

\*\* Nutrient information taken from USDA database.

## Potassium Guidelines for Choosing Middle Eastern, Balkan and South Asian Foods

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

<b>Choose</b>	<b>Avoid</b>
Boysenberry, frozen	Coconut
Casaba Melon	Date, Medjool (3 pitted fruits)
Clementine	Fig (3 small fruits, 3.8 cm diameter)
Loganberry, frozen	Guava
Lychee (Litchi)	Loquat
Pomegranate (1/2 of fruit, 9.5 cm diameter)	Passion Fruit
Rose-apple (1 small fruit, 6.4 cm diameter)	Sapote (Casimiroa) (1 fruit)
Tangerine (Mandarin Orange)	Tamarind Pulp

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## Potassium Guidelines for Choosing Middle Eastern, Balkan and South Asian Foods (continued)

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

<b>Choose</b>	<b>Avoid</b>
Bamboo Shoots, canned and drained	Amaranth Leaves (Yien Choy, Chinese Spinach)
Bitter Melon Leafy Tips (Bitter Gourd Leafy Tips, Balsam Pear Leafy Tips)	Bitter Melon Pods (Bitter Gourd, Balsam Pear)
Coriander (Cilantro), raw	Artichoke Hearts
Crookneck Squash	Bamboo Shoots
Fava Beans (Broadbeans), fresh	Beet Greens
Grape Leaves	Bok Choy (Chinese Chard, Pak Choi)
Mint, raw	Cardoon
Okra	Chickpeas (Garbanzo Beans, Bengal Gram)
Parsley, raw	Chilies (Hot Red or Green), raw
Snow Peas, raw	Cowpeas
Spaghetti Squash	Fava Beans (Broadbeans), dried, boiled
Water Chestnuts, canned and drained	Louts Root
	Parsnips
	Pink Beans (Rosada)
	Water Chestnuts, raw

## My Notes

**My target potassium level is:** \_\_\_\_\_

**My current potassium level is:** \_\_\_\_\_

**My Goals:** (e.g., I will choose cranberry juice instead of orange juice.)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Key Points:**

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**Dietitian:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

## More Notes

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## About the Chronic Kidney Disease Nutrition Fact Sheets

The Chronic Kidney Disease Nutrition Fact Sheets were created by Ontario Renal Network in collaboration with Renal Dietitians in Ontario to standardize materials and to form a basis for cohesive education tools.

The nutrition working group adapted the fact sheets available on the Kidney Foundation of Canada's website to create the Chronic Kidney Disease Nutrition Fact Sheets. These fact sheets are not meant to replace existing training materials you may have, but rather to supplement them as required.

The Chronic Kidney Disease Nutrition Fact Sheets can be used independently or as a set. The five fact sheets are: Phosphorus (phosphate); Sodium (salt); Potassium; Eating Guidelines for Diabetes; Potassium in multicultural fruits and vegetables.

## Acknowledgement

The Chronic Kidney Disease Nutrition Fact Sheets were made possible through the efforts and commitments of The Independent Dialysis Dietitian Working Group: Christine Nash, RD (University Health Network); Shannon Chesterfield, RD (Hôtel-Dieu Grace Hospital); Melissa Atcheson, RD (Grand River Hospital); June Martin, RD (Grand River Hospital); Darlene Broad, RD (Kingston General Hospital).