

## Potassium Foods

Acorn Squash

Sunflower Seeds

Tomato juice

Lean beef

Bananas

Chicken

Avocado

Turkey

Soybeans

Amaranth

Carrots

Milk

Potatoes

Plain yogurt

Asparagus

Navy beans

Oranges

Garbanzo beans

Strawberries

Red beets

Watermelon

Sweet potatoes

Apricots

Spinach

Prune juice

Artichokes

Peanut Butter

Pomegranate