

FOOD RECOMMENDATIONS FOR HIGH POTASSIUM DIETS

Dear patient,

In order to ensure a reliable result, please follow the instructions below:

Below, we show a list of foods high in potassium. Choose 3 to 4 fruits daily; include many of the vegetables listed here in your lunch and dinner.

FRUITS

- Banana
- Guava
- Oranges
- Papaya
- Melon
- Grapes
- Blackberries
- Yellow Peach
- Strawberries
- Soursop
- Tangerine



VEGETABLES

- Carrot
- Celery stalk
- Squash or pumpkin
- Raw tomato
- Cauliflower
- Beet
- Cabbage
- Beans

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.

For more details, please call us at phone number
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