

# High potassium foods for preventing kidney stones

## Information for patients and families

Eating high potassium foods can help to prevent kidney stones from forming. Eat 5 servings of high potassium foods every day or as recommended by your doctor and dietitian.

### High potassium, low oxalate foods

#### Fruits and vegetables

- Apricots, raw (3 fruits)
- Banana or plantain (1)
- Cantaloupe (1 cup)
- Honeydew melon (1 cup)
- Mango (1)
- Nectarine (1)
- Papaya (1 cup)
- Pear (1)
- Peach (1)
- Pomegranate
- Orange juice (1 cup)
- Raisins (1/4 cup)
- Bok choy (1 cup)
- Brussel sprouts (1/2 cup)
- Broccoli (1/2 cup)
- Cabbage (1 cup)
- Corn (1/2 cup)
- Green pepper (1 cup)
- Kale (1 cup)
- Peas (1/2 cup)
- Portobello mushroom (1 cup)
- Squash (1 cup)
- Swiss chard (1 cup)
- Zucchini (1 cup)

#### Dairy

- Milk or soy beverage (1 cup)
- Yogurt (3/4 cup)
- Cottage cheese (1/2 cup)

## **Meats and alternatives**

- 3 ounces of meat, fish or shellfish

## **Breads and cereals**

- Oatmeal ( $\frac{3}{4}$  cup)

## **Foods to eat with dairy products**

The following foods are high in potassium and also have moderate levels of oxalate. It's important to eat these foods with dairy products.

### **Fruits and vegetables**

- Fig, raw (1 medium)
- Avocado ( $\frac{1}{2}$  fruit)
- Artichoke hearts ( $\frac{1}{2}$  cup)
- Asparagus (4 spears)
- Tomato (1 medium)

### **Meats and alternatives**

- Tofu ( $\frac{1}{2}$  cup)
- Beans or lentils ( $\frac{1}{2}$  cup)
- $\frac{1}{4}$  cup seeds (flax, pumpkin, sunflower)

### **Breads and cereals**

- Whole grain products

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This information does not replace the advice you receive from your health care provider. If you have questions, ask your health care team.