

IRON RICH FOODS

egg bagel	chicken, dark	wheat germ
homemade gingerbread	turkey, dark	almonds
submarine roll	black beans	Brazil nuts
instant breakfast	Great Northern beans	cashews
blackberry juice	lima beans	filberts
canned cherries	amaranth	Macadamia nuts
mango	barley	peanuts
prunes	Malt-o-Meal	pistachios
prune juice	instant oatmeal	pumpkin seeds
raisins	masa harina	sunflower seeds
shellfish	enriched noodles	roasted soy beans
trout	oat bran	baking chocolate
beef	quinoa	cocoa powder
lamb	liver	molasses
liver	soy flour	
venison		

POTASSIUM CONTAINING FOODS

HIGH

500mg or more per serving

avacado	pistachios
walnuts	lima beans
navy beans	bananas
filberts	pinto beans
orange juice	kidney beans
prunes	parsnips
prune juice	black-eyed peas
cantaloupe	mashed potatoes
plantain	spinach
raisins	winter squash
lobster	tomatoes
oysters	black strap molasses
salmon	peanuts
almonds	cashews

LOW

100mg or less per serving

bread and cereal
pasta
cranberries
frozen grape juice
canned pears, drained
canned peaches, drained
plums
poppy seeds
bean sprouts
cucumbers
lettuce
radishes
caramel candy
chocolate
flavored gelatin
pickles