

LOW POTASSIUM PLANT-BASED DIET

BEANS

Tofu
Veggie meats
Hummus
Soy Protein Isolate
Miso
Mung Beans
Meatless Lunch Meats
Meatless Sandwich Spread
Meatless Sausage
Meatless Chicken
Falafels

WHOLE GRAIN

Semolina Pasta
Whole Wheat Pasta
Spinach Pasta
Chinese Noodles
Whole Wheat Blue Corn Flour
Couscous
Brown Rice

VEGETABLES

Green Onions
Chives
Arugula
Onions
Cooked Carrots
Sweet Bell Peppers
Baby Carrots
Shitake Mushrooms
Red Leaf Lettuce
Collards
Zucchini
Kale
Green Leaf Lettuce
Brussels Sprouts
Red Cabbage
Endive
Leeks
Napa Cabbage
Green Bell Peppers

FRUITS

Cranberries
Limes
Persimmons
Apples

NUTS/SEEDS

Chestnuts
Sunflower Seed Flour
Cashew Butter
Sesame Butter
Walnuts
Flaxseed
Sunflower Seed Butter