



High Potassium Food List (Chinese)

高鉀食品列表

避免 Avoid:

水果 Fruits

- 杏子 Apricots
- 香蕉 Banana
- 棗子 Dates
- 蜜瓜 Honeydew melon
- 奇異果 Kiwifruit
- 油桃 Nectarine
- 柳橙 Orange
- 柳橙汁 Orange juice
- 梅子汁 Prune juice
- 梅子 Prunes
- 葡萄乾 Raisins

蔬菜 Vegetables

- 朝鮮薊 | 洋薊 Artichokes
- 鱈梨 Avocado
- 生鮮竹筍 Bamboo shoots, fresh or raw
- 新鮮甜菜根 Beets, fresh
- 球芽甘藍 Brussels sprouts
- 唐萵苣 Chard

- 綠色葉菜 Greens
- 甜菜 Beet
- 芥藍菜 Collard
- 芥菜 Mustard
- 球莖甘藍 Kohlrabi
- 秋葵莢 Okra
- 防風草根 Parsnips
- 馬鈴薯(土豆) Potatoes
- 南瓜 Pumpkin
- 蕷薹根 Rutabagas
- 菠菜 Spinach
- 甜薯 Sweet potatoes
- 蕃茄(西紅柿) Tomatoes
- 蕃茄濃醬 Tomato sauce, puree
- 蕃茄汁 Tomato juice
- V-8 果汁 V-8 juice ®
- 粟南瓜 Winter squash
- 地瓜(蕃薯) Yams

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Translation: UMHS Interpreter Services

其他 Miscellaneous

- 麥麩皮或麥麩 Bran buds or 100% bran
- 乾豆類和青碗豆 Dried beans and peas
- 堅果類 Nuts
- 洋芋片 Potato chips
- 鹽替代品 Salt substitute
- 豆漿和堅果 Soy milk and nuts
- 酸奶酪 (優格) Yogurt