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**Potassium Sources**

* All meats (red meat and chicken) and fish such as salmon, cod, flounder, and sardines are good sources of potassium.
* Soy products and veggie burgers are also good sources of potassium.
* Vegetables including broccoli, peas, lima beans, tomatoes, potatoes (especially their skins), sweet potatoes, and winter squashes are all good sources of potassium.
* Fruits that contain significant sources of potassium include citrus fruits, cantaloupe, [bananas](http://www.drugs.com/enc/potassium-in-diet.html), kiwi, prunes, and apricots.
* Dried apricots contain more potassium than fresh apricots.
* Milk and [yogurt](http://www.drugs.com/enc/potassium-in-diet.html), as well as nuts, are also excellent sources of potassium.

**People on dialysis for kidney failure should avoid consuming too many of these potassium-rich foods. These people require specialized diets to avoid excess potassium in the blood.**

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