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Foods High In Potassium

Apples	Carrots
Apricots	Cauliflower
Artichokes	Celery
Bananas	Dates
Beets	Figs
Blackstrap Molasses	Green Beans
Broccoli	Honeydew Melon
Brussel Sprouts	Lima Beans
Cabbage	Oranges
Cantalope	Orange Juice
	Pinto Beans
	Prune Juice
	Prunes
Low Sodium Salt Substitute	

In addition, large quantities can be obtained from such foods as:

Brewer's Yeast
Brown Rice
Horseradish
Kelp
Soy Bean Flour
Wheat Germ