

LOW POTASSIUM VEGGIES

GOOD CHOICES... ✓

EACH DAY ENJOY ONE (1) SMALL POTATO



CHOOSE THREE (3) SERVES OF VEGETABLES

1/2 CUP[^]

OF THESE COOKED VEGETABLES EQUALS ONE SERVE.



BROCCOLI



CABBAGE



BABY SQUASH



BEAN SPROUTS



CAULIFLOWER



EGGPLANT



FROZEN MIXED VEGETABLES



GREEN BEANS AND PEAS



ONION



SILVERBEET



SWEETCORN



ZUCCHINI

1/2 CUP[^]

OF THESE SALAD VEGETABLES COMBINED EQUALS ONE SERVE.



CELERY



CUCUMBER



ASPARAGUS SPEARS CANNED



BEETROOT SLICES CANNED



ICEBERG LETTUCE



MUSHROOM



GREEN CAPSICUM



MIXED LETTUCE



PICKLED ONIONS



RED ONION

Amgen Australia Level 7, 123 Epping Road North Ryde NSW, 2113

If you have any questions about your diet, please consult your Health Care Practitioner

AMGEN
Nephrology

AUS3722 November 2015. [^]The foods listed are approximated, for more information go to www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/nuttab/Pages/default.aspx#