

LOW POTASSIUM **FRUIT** GOOD CHOICES... ✓

ENJOY UP TO **TWO (2) SERVES** OF FRUIT EACH DAY.
CHOOSE FROM THE FOLLOWING...

ONE (1) SMALL [^]

EG: ONE SMALL APPLE EQUALS ONE SERVE



APPLE



ORANGE



PEACH



PEAR

1/2 CUP [^]

1/2 CUP EQUALS ONE SERVE

DRAINED CANNED FRUIT (ALL VARIETIES)



ONE (1) MEDIUM [^]

ONE MEDIUM MANDARIN EQUALS ONE SERVE



MANDARIN

TWO (2) SMALL [^]

EG: TWO SMALL PLUMS EQUALS ONE SERVE



GUAVA



LYCHEE



PLUMS



PASSIONFRUIT

3/4 CUP [^]

EG: 3/4 CUP BLUEBERRIES EQUALS ONE SERVE



BLACKBERRIES



BLUEBERRIES



RASPBERRIES



STRAWBERRIES



STEWED RHUBARB

TWO (2) THIN SLICES

EG: 2 THIN SLICES OF ROCKMELON EQUALS ONE SERVE



HONEYDEW MELON



PAW PAW



PINEAPPLE



ROCKMELON



WATERMELON

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