|  |
| --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

high potassium fruits

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| U | B | C | D | A | N | U | Y | E | T | E | Y | E | K | O | C | I | T | R | A | R | X | P | E |
| F | I | J | S | M | R | M | Z | B | J | W | R | V | O | T | Z | I | R | X | F | Y | O | V | T |
| B | L | O | K | K | A | V | A | C | A | D | O | S | N | G | S | J | Y | T | P | T | U | J | E |
| T | A | C | K | K | G | F | L | H | L | P | O | N | Y | G | T | X | W | L | A | B | O | U | Q |
| T | P | N | R | X | S | C | R | I | Z | R | O | I | H | R | O | S | X | T | O | K | D | Z | U |
| B | H | C | A | N | I | P | S | Y | A | M | N | S | L | Z | C | A | O | S | S | G | B | F | X |
| X | V | E | V | N | R | E | J | N | M | M | X | I | R | C | I | E | Z | T | M | A | N | Z | V |
| J | V | L | B | L | A | L | G | M | L | U | F | A | B | C | R | P | A | U | C | Q | M | A | Y |
| U | R | O | D | U | B | E | R | Q | R | S | B | R | F | Y | P | D | B | N | F | C | W | I | M |
| U | R | S | M | O | J | Z | H | M | X | H | S | J | S | B | A | E | Z | A | Q | F | R | T | F |
| R | F | E | Q | U | F | Z | L | O | R | R | S | D | N | B | D | Y | U | E | F | V | V | T | J |
| G | O | D | I | E | F | M | E | E | P | O | T | L | A | N | E | E | C | P | V | D | H | Y | D |
| E | H | C | I | Y | O | Y | U | Z | D | O | E | H | E | M | I | K | G | G | F | B | M | Z | V |
| C | E | E | T | W | V | T | V | R | C | M | E | R | B | P | R | C | E | Q | L | R | R | P | Y |
| T | Z | Z | X | E | I | R | A | G | Z | S | B | K | A | K | D | A | B | C | L | W | A | A | Z |
| Q | H | X | Q | Q | W | K | I | M | S | N | S | G | M | S | T | L | O | I | I | P | C | I | E |
| F | T | J | M | J | Y | S | R | X | O | N | E | B | I | W | Q | B | O | G | A | Z | S | F | L |
| Q | Q | W | Y | I | A | Y | K | K | Z | T | A | C | L | S | W | U | Q | Y | H | L | T | K | H |
| H | A | P | T | M | N | G | R | M | I | L | K | E | T | K | Z | X | A | V | R | O | L | N | R |
| N | E | Z | A | G | I | P | T | F | H | Y | I | L | B | A | M | F | U | S | H | V | H | Q | U |
| S | L | X | A | R | S | Z | H | D | U | K | T | F | K | Y | R | Z | R | D | H | V | J | S | J |
| M | U | N | O | N | B | E | A | N | S | P | P | D | J | Y | O | I | X | V | P | W | A | E | H |
| P | A | X | K | M | C | Q | Z | R | Y | K | N | U | V | R | X | S | N | T | B | I | A | I | C |
| W | P | L | A | N | T | A | I | N | I | C | C | H | T | O | J | W | I | E | G | P | F | D | M |

   orange juice       milk       avacado       kiwi       nectarine       dried apricots       peanuts       blackeyed peas       lima beans       beets       tomatoe       squash       spinach       soybeans       mushrooms       potato       beans       articoke       raisins       plantain       papaya       mango       banana