

**High Potassium Foods: 251 milligrams or more**

Serving = ½ cup raw unless stated otherwise (ie whole, medium, canned)

**Fruit**

- Apricots, dried 895
- Avocado, California, ½ medium 549
- Avocado, Florida, ½ medium 742
- Banana, medium 451
- Cantaloupe, ¼ medium 413
- Dates, chopped 581
- Figs, dried, five 666
- Honeydew melon, ¼ medium 875
- Kiwi fruit, 1 medium 252
- Mango, 1 medium 323
- Nectarine, 1 medium 288
- Papaya, 1/e medium 390
- Peaches, dried, cooked, unsweetened, with liquid 413
- Peaches, dried, uncooked 797
- Prunes, dried, uncooked, 5 large 365
- Raisins, seedless 545

**Vegetables**

- Artichoke, 1 medium 425
- Asparagus, cooked from raw 279
- Beets 265
- Brussel sprouts, cooked from raw 246
- Cabbage, bok choy 316
- Lettuce, Boston, 1 5" head 419
- Mushrooms, cooked 278
- Okra, sliced, cooked from raw 257
- Parsnips, cooked 287
- Potato, baked, 1 large with skin 844
- Potato, baked, 1 large, no skin 610
- Potato, boiled, no skin 256
- Pumpkin, canned 253
- Spinach, cooked from raw 420
- Spinach, cooked from frozen 283
- Squash, winter, cooked 448
- Sweet potato, 1 medium 397
- Swiss chard, cooked from raw 483
- Tomato, raw, 1 medium 251-273

**Dairy**

- Chocolate milk, ready to drink, 1 cup - 418
- Chocolate milk, ready to drink, low fat, 1 cup - 425
- Milk, 2%, 1 cup - 366
- Milk, non-fat, 1 cup - 382
- Milk, whole, 1 cup - 349
- Yogurt, low fat, 8 oz - 531
- Yogurt, whole milk, plain, 8 oz - 352

**Legumes & Nuts**

- Adzuki beans, cooked, 1 cup 1225
- Almonds, dry roasted, ¼ cup 255
- Baked beans, canned, 1 cup 550
- Baked beans, homemade, 1 cup 900
- Beans, kidney, cooked 355
- Beans, lima, cooked from frozen 347-370
- Beans, pinto, cooked, drained 398
- Black beans, canned, 1 cup 610
- Black eyed peas, cooked from frozen 319
- Black eyes peas, cooked from raw 246
- Coconut milk, ½ cup 250
- Garbanzo beans, cooked, 1 cup 480
- Kidney beans, canned, 1 cup 610
- Lentils, cooked 366
- Lima beans, cooked, 1 cup 730
- Peanuts, oil roasted, unsalted 491
- Pinto beans, cooked, 1 cup 740
- Soybeans, cooked 486
- Tofu, firm, ½ cup 300

**Drinks**

- Orange juice, ½ cup 248

**Meat & Fish**

- Beef liver, 4 oz 430
- Chicken, meat only, 4 oz 275
- Cod, 4 oz, 580
- Flounder or sole, fillet, 6 oz 750
- Haddock, 4 oz 450
- Ham, lean, 4 oz 325
- Lamb, lean, 4 oz 365
- Perch, 4 oz 390
- Pork chop, lean, 4 oz 370
- Round steak, lean, 4 oz 250
- Salmon, 6 oz, farmed 650, wild, 735-855
- Sardines, canned, 6 oz 675
- Tuna, albacore, water pack, 1 can 410
- Turkey, meat only, 4 oz 340

**Other Foods**

- All Bran, Bran Plus, muesli or cereal with
- Chocolate
- Cocoa
- Cocoa
- Coffee
- Fruit cake
- Heavy grain breads, dark rye bread
- Potato crisps, hot chips
- Salt substitutes
- Seeds - sunflower, pumpkin
- Treacle, molasses, golden syrup



**Medium Potassium Foods: 121 – 250 milligrams**

Serving = ½ cup raw unless stated otherwise (ie whole, medium, canned)

**Fruit**

- Apricots, canned 181
- Blackberries 141
- Cherries, sweet, ten 152
- Grapefruit, ½ medium or canned 165
- Orange, 1 medium 237
- Peach, 1 medium or canned 165
- Pear, Asian, 2 medium 148
- Pear, Bartlett, 1 medium 208
- Pear, D'Anjou, 1 medium 250
- Pineapple, canned, heavy syrup 133
- Pineapple, canned, juice pack 153
- Plums, canned 194
- Raspberries, frozen, sweetened 143
- Strawberries, whole 124
- Tangerine, 1 medium 132

**Vegetables**

- Asparagus, cooked from frozen 196
- Broccoli, cooked from frozen 167
- Broccoli, cooked from raw 127
- Cabbage, common, cooked 154
- Carrots, cooked from raw 177
- Cauliflower, cooked from raw 202
- Cauliflower, raw flowerets 178
- Celery, raw, diced 171
- Collards, cooked from frozen 214
- Corn, cooked from raw 204
- Kale, cooked from frozen 209
- Kale, cooked from raw 148
- Lettuce, romaine, 1 cup 148
- Mushrooms, raw 130
- Onions, cooked 160
- Peppers, hot chili, 1 raw 153
- Radishes, raw 144
- Spinach, raw, chopped 154
- Squash, summer, cooked 173
- Turnip greens, cooked 146-184

**Legumes & Nuts**

- Beans, green, cooked from raw 185
- Chickpeas, cooked, drained 239
- Legumes & Nuts
- Cashews, dry roasted, ¼ cup 195
- Macadamia nut, 1 oz 100
- Peanut butter, chunky, 1 tblspn. 120
- Pecans or pecans, 1 oz 125
- Peas, edible pod, cooked 192
- Peas, green, cooked from frozen 134

**Drinks**

- Apple juice, ½ cup 148
- Coffee, brewed, 6 ounces 124
- Grape juice, ½ cup 167

**Dairy**

- Ricotta, 1/2 cup - 129
- Ricotta, part skim, 1/2 cup - 154

**Low Potassium Foods: Less than 120 milligrams**

Serving = ½ cup raw unless stated otherwise (ie whole, medium, canned)

**Fruit**

- Apples, peeled & sliced 62
- Applesauce, canned 78-92
- Apricot, 1 medium 105
- Blueberries 65
- Cranberry sauce 36
- Fig, 1 medium 116
- Fruit cocktail 114
- Grapes, ten 93-105
- Lemon, 1 medium 80
- Peaches, canned 118
- Pears, canned 83
- Pineapple, diced 88
- Plums, 1 medium 118
- Raspberries 94
- Watermelon, diced 93

**Vegetables**

- Alfalfa sprouts, raw 13
- Cabbage, raw 72-86
- Carrots, cooked from frozen 116
- Cauliflower 125
- Collards, cooked from raw 84
- Corn, cooked from frozen 114
- Cucumbers, sliced 84
- Eggplant, steamed 119
- Endive, raw 79
- Leeks, cooked from raw 46
- Leeks, raw 94
- Lettuce, iceberg, 1 cup 87
- Onions, raw, diced 124
- Peppers, sweet, cooked 113
- Peppers, sweet, raw 89
- Popcorn, air popped, 1 cup 20
- Turnips, cooked 106
- Water chestnuts, canned 83

**Legumes & Nuts**

- Bean sprouts 63-78
- Beans, green 76

**Drinks**

- Beer, regular, 12 fl oz - 96
- Rum, 1.5 fl oz - 1
- Tea, brewed, 6 ounces 27
- Vodka, 1.5 fl oz - 1
- Whiskey, 1.5 fl oz - 1
- Wine, table, red, 3.5 fl oz - 115
- Wine, table, white, 3.5 fl oz - 82

**Dairy**

- American processed, 1 oz - 48
- Blue, 1 oz - 73
- Butter, unsalted, 1 Tablespoon - 3
- Camembert, 1 oz - 71
- Cheddar, 1 oz - 28
- Cheddar, low-fat, 1 oz - 19
- Colby, 1 oz - 28
- Colby, low-fat, 1 oz - 19
- Cottage cheese, 1/2 cup - 88
- Cottage cheese, fat free, 1/2 cup - 23
- Cottage cheese, low fat, 1/2 cup - 109
- Cottage cheese, with fruit, 1/2 cup - 23
- Cream cheese, 2 Tablespoons - 34
- Cream cheese, fat free, 2 Tablespoons - 50
- Cream substitute, liquid, 1 Tablespoon - 29
- Cream, half & half, 1 Tablespoon - 20
- Feta, 1 oz - 18
- Margarine, 1 Tablespoon - 6
- Mozzarella, 1 oz - 22
- Parmesan, grated, 1 Tablespoon - 6
- Swiss processed, sliced, 1 oz - 61
- Swiss, 1 oz - 22

**Other Foods**

- Egg, whole, large, 1 - 67
- Herring, pickled - 59