

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## Potassium Content of Foods

- Eating more than the serving size for a moderate or low-potassium food will make it a high-potassium food. Foods made with high-potassium foods will also be high in potassium.
- Unless otherwise noted, all foods are cooked: meat is roasted, fish is cooked with dry heat, vegetables are cooked from fresh, and fruit is raw.
- This is a guide. Actual values may vary depending on product and/or processing. Foods that are frozen or canned may have higher potassium values. Values are rounded to the closest 5-mg increment and may be averaged with similar foods in group.

### High Potassium (more than 200 mg)

Food	Serving	Potassium (mg)
Apricots	2 raw or 5 dry	200
Artichoke	1 medium	345
Avocados, raw	¼ each	245
Banana	1 medium	425
Beans, lima or baked, canned	½ cup	280
Beans, white, canned	½ cup	595
Beef roast	3 oz	320
Beef, ground	3 oz	270
Beets, cooked	½ cup	260
Bran muffin	2 oz	300
Broccoli	½ cup	230
Brussels sprouts	½ cup	250
Cantaloupe	½ cup	215
Cereal, 100% bran	½ cup	200-400
Cheeseburger, single, fast food	1 each	225-400
Chicken	3 oz	220
Clams, canned	3 oz	535
Crab	3 oz	225
Dates	5 dates	270
Dried beans and peas	½ cup	300-475
Figs, dried	2 each	260
Fish: halibut, tuna, cod, snapper	3 oz	480
Fish: salmon, haddock, swordfish, perch	3 oz	300

Fish, tuna, canned	3 oz	200
French fries, fast food	3 oz/small	470
Granola with fruit, nuts	½ cup	200
Grapefruit juice	½ cup	200
Greens, beet	½ cup	655
Honeydew melon	½ cup	200
Kale, raw	1 cup	300
Kiwi	1 medium	240
Kohlrabi, rutabaga, parsnips	½ cup	280
Lentils	½ cup	365
Mango	1 each	325
Milk, chocolate	1 cup	420
Milk, fat free, low fat, whole, buttermilk	1 cup	350-380
Molasses	1 Tbsp	295
Mushrooms	½ cup	280
Nectarine	1 each	275
Nuts: almonds, peanuts, hazelnuts, Brazil, cashew, mixed	1 oz	200
Nuts, pistachios	1 oz	295
Orange	1 each	240
Orange juice	½ cup	235
Papaya, medium	½ fruit	390
Peanut butter, chunky	2 Tbsp	240
Peanut butter, smooth	2 Tbsp	210
Pear	1 medium	200
Pomegranate	1 whole	400
Pomegranate juice	½ cup	215
Pork	3 oz	350
Potato chips, salted	1 oz	465
Potato, baked with skin	1 medium	925
Potatoes, boiled	½ cup	255
Potatoes, mashed	½ cup	330
Prune juice	½ cup	370
Prunes	5 each	305
Pudding, chocolate	½ cup	230
Pumpkin, canned	½ cup	250
Raisins, seedless	¼ cup	270
Seeds, sunflower or pumpkin	1 oz	240
Soy milk	1 cup	300

Spinach	½ cup	420
Spinach, canned	½ cup	370
Sweet potato, baked with skin	1 medium	450
Swiss chard	½ cup	480
Tomato or vegetable juice	½ cup	275
Tomato sauce or puree	½ cup	400-550
Tomato, raw	1 medium	290
Tomatoes, canned	½ cup	200-300
Turkey	3 oz	250
Wheat germ	1 oz	250
Winter squash	½ cup	250
Yogurt, plain or fruited	6 oz	260-435
Zucchini	½ cup	220

## Moderate Potassium (50-200 mg)

Food	Serving	Potassium (mg)
Apple	1 each	150
Apple juice	½ cup	150
Applesauce	½ cup	90
Apricot nectar	½ cup	140
Asparagus, small spears	½ cup or 6 spears	155
Bagel, cinnamon raisin	1 each	130
Bagel, 4": egg or plain	1 each	70
Beans, green	½ cup	90
Beans, yellow	½ cup	190
Beer, regular	12 oz	100
Beets, canned	½ cup	125
Blackberries	½ cup	115
Blueberries	½ cup	60
Bread, whole wheat	1 slice	70
Broccoli, raw	½ cup	145
Cabbage	½ cup	150
Carrots, cooked or raw	½ cup	180
Cauliflower, raw	½ cup	150
Celery, raw	½ cup	155
Cereal, bran flakes	½ cup	120-150
Cheese, cottage	½ cup	110
Cherries	10 each	150

Chocolate	1½-oz bar	165
Coffee, brewed	6 oz	90
Corn	½ cup or 1 ear	195
Cucumbers	½ cup	80
Egg, large	1 each	60
Eggplant	½ cup	60
Endive, raw	½ cup	80
English muffin	1 each	65
Fish, orange roughy	3 oz	150
Frankfurter, beef/pork	1 each	75
Fruit cocktail	½ cup	115
Grape juice	½ cup	170
Grapefruit	½ fruit	175
Grapes	½ cup	155
Greens: kale, turnip, collard	½ cup	110-150
Ice cream or frozen yogurt, chocolate	½ cup	175
Ice cream or frozen yogurt, vanilla	½ cup	120-150
Lemons, limes	1 each	80
Lettuce, all types	1 cup	100
Mixed vegetables	½ cup	150
Mushrooms, raw	½ cup	110
Nuts: walnuts, pecans, macadamia	1 oz	125
Oatmeal	½ cup	80
Okra	½ cup	110
Onions, raw	½ cup	120
Peach	1 each	185
Peaches, canned	½ cup	120
Pears, canned	½ cup	120
Peas, green, frozen	½ cup	90
Peppers, green	½ cup	130
Peppers, red	½ cup	160
Pineapple juice	½ cup	165
Pineapple, fresh or canned	½ cup	100
Plums	1 each	105
Pudding, vanilla	½ cup	150
Raspberries	½ cup	90
Rhubarb	½ cup	115
Rice, wild	½ cup	80

Shrimp	3 oz	155
Spinach, raw	1 cup	170
Strawberries	½ cup	125
Summer squash	½ cup	175-200
Swiss chard, raw	1 cup	135
Tangerines	1 each	140
Tea, brewed	6 oz	65
Turnips	½ cup	140
Watermelon	½ cup	85
Wine, red, table	5 oz	180
Wine, white, table	5 oz	100

## Lower Potassium (less than 50 mg)

Food	Serving	Potassium (mg)
Bread, white	1 slice	30
Carbonated beverages	12 oz	< 5
Cheese	1 oz	20-30
Cranberries	½ cup	45
Cranberry juice cocktail	½ cup	20
Fats and oils	1 Tbsp	< 5
Hummus	1 Tbsp	32
Nectar: papaya, mango, or pear	½ cup	35
Rice, white or brown	½ cup	50
Spaghetti/macaroni, cooked	½ cup	30
Tortilla, flour or corn	1 each	50
Waffle, 4"	1 each	50
Water chestnuts	½ cup	40

### Notes