

POTASSIUM

Beverages

Low Potassium **To 150 mg.**

Apple juice, 1/2 cup ,
148

Coffee, 6oz. brewed, 124

Cranberry juice 1/2 cup, 31

Gingerale, 12 oz., 40

Tea, 6 oz. brewed, 27

Higher Potassium **From 151 to 200 mg.**

Grape juice, cnd. or bottle,
1/2 cup 167

Grapefruit juice, cnd. unsw.
1/2 cup, 189

Pineapple juice, cnd. unsw.
1/2 cup 168

Highest Potassium **201 or more mg.**

Milk, whole, 1 cup,
370 skim, 412

Milk, 1% lowfat,
1 cup, 397

Orange juice, fresh,
1/2 cup, 246

Soy milk, 1 cup,
338

Fruit*(portions = 1/2 cup raw, unless otherwise stated)***Low Potassium
To 120 mg.**

Apples, peeled/sliced, 52
 Applesauce, cnd. sweetened 78
 unsw. 92
 Apricot, 1 medium, 105

Blueberries, raw 65
 Cherries, sour, 120
 Cranberries, raw 39
 Cranberry sauce, swtnd., 36
 Fig, fresh, 1 medium, 116
 Fruit cocktail, cnd. heavy syrup
 112, juice packed 116
 Grapes, ten seedless, 93
 Grapes, ten seeded, 105
 Lemon, 1 medium 80
 Lime, 1 medium, 68
 Peaches, cnd. heavy syrup, 118
 Pears, cnd. heavy syrup, 83
 juice packed 119
 Pineapple, raw, diced 88
 Plums, cnd. heavy syrup, 115
 Plums, raw, 1 medium, 114
 Raspberries, raw, 94
 Rhubarb, ckd. w/ sugar, 115
 Watermelon, diced, 93

**Higher Potassium
From 121 to 250 mg.**

Apricots, cnd. heavy syrup, 181
 juice packed 205

Blackberries, raw 141

Cherries, sweet, 152
 Elderberries, raw, 203
 Grapefruit, 1/2 medium, 167
 Grapefruit, cnd. w/ syrup, 164
 Orange, 1 medium, 237
 Peach, 1 medium, 171
 Peaches, cnd, juice packed 159
 Pear, Asain, 1 medium, 148
 Pear, Bosc, 176, Bartlett 208
 D'Anjou, 250
 Pineapple, cnd. heavy syrup, 133
 Pineapple, cnd. juice packed, 153
 Plums, cnd, juice packed, 194
 Pricklypear, 1 medium, 226
 Raspberries, frozen, sweetened 143
 Strawberries, raw, 124
 Strawberries, frozen, sweetened,
 sliced, 125
 Tangerine, 1 medium 132

**Highest Potassium
251 or more mg.**

Apricots, dried, uncooked, 896
 Apricots, dried, ckd. unsw. +
 liquid, 611
 Avocado, 1/2 medium
 California 549, Florida 742

Banana, medium, 451
 Cantaloupe, 1/4 medium, 413
 Dates, chopped, 581
 Figs, five dried, 666
 Honeydew melon, 1/4 medium,
 875

Kiwi fruit, 1 medium 252
 Mango, 1 medium, 323
 Nectarine, 1 medium, 288
 Papaya, 1/2 medium, 390
 Peaches, dried, ckd. unsw +
 liquid, 413
 Peaches, dried, uncooked, 797
 Plantain, boiled, sliced, 358
 Pomegranate, 1 medium 399
 Prunes, ckd., unsw. + liquid, 354
 Raisins, seedless, 545

Vegetables & Starches

(portions = 1/2 cup unless otherwise stated)

Low Potassium To 125 mg.

Alfalfa seeds, sprouted raw, 13
 Arugula, raw, 37
 Bagel, plain, 50
 Bamboo shoots, ckd., 53
 Beans, green, ckd from frozen, 76
 Bean sprouts, mung. raw, 78
 Bean sprouts, mung, ckd., 63
 Bread, one slice, white, 28
 Cabbage, raw, red, 72
 common, 86
 Carrots, ckd from frozen, 116
 Cauliflower, ckd from frozen, 125
 Collards, leaves, ckd from frozen, 84
 Corn, ckd from frozen, 114
 Cucumbers, sliced, 84
 Dandelion greens, ckd. 121
 Eggplant, steamed, 119
 Endive, raw, 79
 Jicama, raw, 98
 Leeks, ckd. frozen from raw, 46
 raw, 94
 Lettuce, iceberg, 1 cup, 87
 Mustard greens, ckd from frozen, 104
 Oatmeal, regular, 3/4 cup, 99

Higher Potassium From 126 to 250 mg.

Asparagus, ckd from frozen, 196
 Beans, green, ckd from raw, 185
 Bread, pumpernickel, 1 slice, 141
 Broccoli, ckd from frozen, 16/
 Broccoli, ckd from raw, 127
 Brussel sprouts, ckd from raw, 246
 Cabbage, common, ckd, 154
 Carrots, ckd from raw, 177
 Carrots, raw, grated, 178
 Cauliflower, ckd from raw, 202
 Cauliflower, raw florets, 178
 Celeriac, ckd., 134, raw, 234
 Celery, raw, diced, 171
 Chickpeas, ckd, drained, 239
 Collards, ckd. from frozen, 214
 Corn, ckd from raw, 204
 Fennel bulb, raw, sliced, 180
 Kale, ckd from frozen, 209
 Kale, ckd from raw, 148
 Lettuce, romaine, 1 cup, 148
 Mushrooms, raw, 130
 Mustard Greens, ckd from frozen, 134
 Okra, sliced, ckd from frozen, 215
 Onions, ckd., 160

Highest Potassium 251 or more mg.

Artichoke, 1 medium, 425
 Asparagus, ckd from raw, 279
 Beans, black, ckd, drained, 335
 Beans, lima, thick,
 ckd from frozen, 347
 Beans, lima, thin,
 ckd from frozen 370
 Beans, kidney, ckd, 355
 Beans, pinto, ckd, drained, 398
 Beet greens, ckd, 654
 Beets, ckd, diced/sliced, 265
 Black-eyed peas, ckd from
 frozen, 310
 Black-eyed peas, ckd from
 raw. 347
 Cabbage, pak choi, ckd, 316
 Kontrabi, ckd, 281
 Lentils, ckd, 366
 Mushrooms, ckd, 278
 Okra, sliced, ckd from raw, 257
 Parsnips, ckd, 287
 Peanuts, oil roasted,
 unsalted, 491
 Peas, split, ckd, 955

Vegetables & Starches

(portions = 1/2 cup unless otherwise stated)

Low Potassium To 150 mg.

Onions, raw, diced, 124
Pasta, plain "al dente", 1 cup 103
Peppers, sweet, raw, 89
 cooked, 113
Popcorn, air popped, 1 cup 20
Psyllium husk fiber, 1 tbsp, 3
Radicchio, raw, shredded, 60
Rice, ckd., white, 29, brown, 69
Turnips, white, cubes,
 ckd from raw, 106
Water chestnuts, cnd. 83

Higher Potassium From 151 to 200 mg.

Parsley, raw, 166
Peas, edible pod, ckd. 192
Peas, green, ckd from frozen 134
Peppers, hot chili, 1 raw, 153
Radishes, raw, 144
Scallions, raw, 138
Squash, summer, ckd, all types, 173
Spinach, raw, chopped, 154
Tomatillos, raw, chopped, 177
Tortillas, corn, four, 172
Turnip greens, ckd from frozen, 184
Turnip greens, ckd from raw, 140
Turnips, white, cubes,
 ckd from frozen, 142

Highest Potassium 201 or more mg.

Potato, baked, 1 large,
 no skin, 613
Potato, baked, 1 large,
 with skin, 844
Potatoes, boiled, no skin, 255
Pumpkin, cnd., 253
Pumpkin, ckd from raw, 262
Rutabagas, cubes, cooked, 277
Soybeans, ckd, 486
Spinach, ckd from frozen, 283
Spinach, ckd from raw, 420
Squash, winter, ckd,
 all types, 440
Sweet potato, 1 medium,
 baked, 397
Sweet potatoes, peeled,
 boiled, 301
Swiss chard, ckd from raw, 483
Tomato, raw, 1 medium,
 green, 251
Tomato, raw, 1 medium, red, 273