

# POTASSIUM FINDER



## LOW POTASSIUM

## HIGHER POTASSIUM

## HIGHEST POTASSIUM

### Beverages

in milligrams



#### To 150 mg.

Apple juice, 1/2 cup, 148  
Coffee, 6 oz., brewed, 124  
Cranberry juice, 1/2 cup, 31  
Ginger ale, 12 ounces, 4  
Tea, 6 ounces, brewed, 27

#### 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

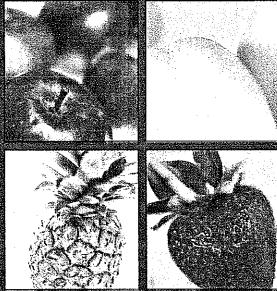
#### 201 or more mg.

Milk, whole, 1 cup, 370; skim, 412 †  
Milk, 1% lowfat, 1 cup, 381-397 †  
Orange juice, fresh, 1/2 cup, 248  
Soy milk, 1 cup, 338

**TIP:** Instant powdered drinks and carbonated sodas usually contain potassium or sodium preservatives. Consult your physician or dietitian before consuming.

### Fruit

portions = 1/2 cup raw, unless otherwise stated



#### To 120 mg.

Apples, peeled, sliced, 62  
Applesauce, cnd., sweetened, 78; unsw. 92  
Apricot, 1 medium, 105  
Blueberries, raw, 65  
Cherries, sour, red, cnd., water pack, 120  
Cranberries, raw, 39  
Cranberry sauce, cnd., sweetened, 36  
Fig, fresh, 1 medium, 116  
Fruit cocktail, cnd., heavy syrup, 112; juice pack, 118  
Grapes, Thompson seedless, ten, 93  
Grapes, Tokay, Emperor seeded, ten, 105  
Lemon, 1 medium, 80  
Lime, 1 medium, 68  
Peaches, cnd., heavy syrup, 118  
Pears, ckd., heavy syrup, 83; juice pack, 119  
Pineapple, raw, diced, 88  
Plums, cnd., heavy syrup, 118  
Plums, raw, 1 medium, 114  
Raspberries, raw, 94  
Rhubarb, ckd., with sugar, 115  
Watermelon, diced, 93

#### From 121 to 250 mg.

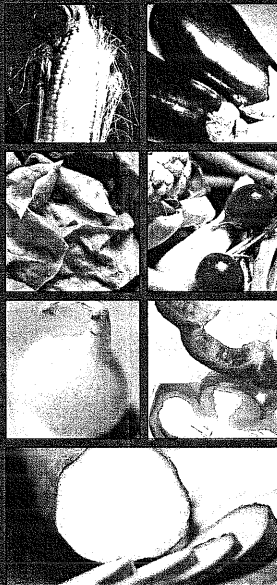
Apricots, cnd., heavy syrup, 181; juice pack, 205  
Blackberries, raw, 141  
Cherries, sweet, ten, 152  
Elderberries, raw, 203  
Grapefruit, 1/2 medium, 167  
Grapefruit, cnd., with syrup, 164  
Orange, 1 medium, 237  
Peach, 1 medium, 171  
Peaches, cnd., juice pack, 159  
Pear, Asian, 1 medium, 148  
Pear, 1 medium, Bosc, 176; Bartlett, 208; D'Anjou, 250  
Pineapple, cnd. pieces, heavy syrup, 133  
Pineapple, cnd. pieces, juice pack, 153  
Plums, cnd., juice pack, 194  
Pricklypear, 1 medium, 226  
Raspberries, frozen, sweetened, 143  
Strawberries, raw, 124  
Strawberries, frozen, sweetened, sliced, 125  
Tangerine, 1 medium, 132

#### 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  
Kiwifruit, 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  
Prunes, 5 large, dried, uncooked, 365  
Raisins, seedless, 545  
Sapodilla, 1 medium, 328

### Vegetables & Starches

portions = 1/2 cup unless otherwise stated



#### To 125 mg.

Alfalfa seeds, sprouted, raw, 13  
Arugula, raw, 37  
Bagel, plain, 50  
Bamboo shoots, cnd., 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 raw, 84 \*  
Corn, ckd. from frozen, 114  
Cucumbers, sliced, 84  
Dandelion greens, ckd., 121 \*  
Eggplant, steamed, 119  
Endive, raw, 79 \*  
Jicama, raw, 98  
Leeks, ckd. from raw, 46; raw, 94  
Lettuce, iceberg, 1 cup, 87 \*  
Mustard greens, ckd. from frozen, 104 \*  
Oatmeal, regular, 3/4 cup, 99 †  
Onions, raw, diced, 124  
Pasta, plain, "al dente," 1 cup, 103  
Peppers, sweet, raw, 89; ckd., 113  
Popcorn, air popped, 1 cup, 20  
Psyllium husk fiber, 1 T., 3  
Radicchio, raw, shredded, 60  
Rice, ckd., white, 29; brown, 69  
Turnips, white, cubes, ckd. from raw, 106  
Water chestnuts, cnd., 83

#### 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, 167  
Broccoli, ckd. from raw, 127 \*  
Brussels 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 raw, 141  
Okra, sliced, ckd. from frozen, 215  
Onions, ckd., 160  
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, 146 \*  
Turnips, white, cubes, ckd. from frozen, 142

#### 251 or more mg.

Artichoke, 1 medium, 425  
Asparagus, ckd. from raw, 279  
Beans, black, ckd., drained, 306 †  
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 or sliced, 265  
Black-eyed peas, ckd. from frozen, 319 †  
Black-eyed peas, ckd. from raw, 347 †  
Cabbage, pak choi, ckd., 316  
Kohlrabi, ckd., 281  
Lettuce, Boston, one 511 head, 419  
Lentils, ckd., 366 †  
Mushrooms, ckd., 278  
Okra, sliced, ckd. from raw, 257  
Parsnips, ckd., 287  
Peanuts, oil roasted, unsalted, 491 †  
Peas, split, ckd., 355 †  
Potato, baked, 1 large, no skin, 610  
Potato, baked, 1 large with skin, 844  
Potatoes, boiled, no skin, 256  
Pumpkin, cnd., 253  
Pumpkin, ckd. from raw, 282  
Rutabagas, cubes, cooked, 277  
Soybeans, ckd., 486 †  
Spinach, ckd. from frozen, 283  
Spinach, ckd. from raw, 420 \*  
Squash, winter, ckd., all types, 448  
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

**TIP:** To reduce potassium content of vegetables, boil in large amount of water, rinse and drain. All salt substitutes and many preservatives contain potassium, phosphates, and sodium. Many canned vegetables were omitted from this guide because of their high sodium content.

† Foods high in phosphorus. \* Foods high in Vitamin K, a concern for those on anti-coagulant therapy.