

POTASSIUM FINDER

LOW POTASSIUM

HIGHER POTASSIUM

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Beverages

in milligrams



Vegetables & Starches

portions = 1/2 cup
unless otherwise stated



Fruit

portions = 1/2 cup raw, unless
otherwise stated



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

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

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.

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 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

From 126 to 250 mg.

Asparagus, ckd. from frozen, 196
Beans, green, ckd. from raw, 185
Bread, pumpnickel, 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

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

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

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