

POTASSIUM FINDER

BEVERAGES



LOW POTASSIUM

all values are in milligrams (mg.)

Apple juice, 1/2 cup, 148
Coffee, 8 oz., brewed, 128
Cranberry juice, cocktail, 1/2 cup, 23
Ginger ale, 12 oz., 4
Tea, brewed, black, 8 oz., 88

HIGHER POTASSIUM

all values are in milligrams (mg.)

Grape juice, cnd. or bottled, 1/2 cup, 167
Grapefruit juice, cnd., unsweetened, 1/2 cup, 189
Pineapple juice, cnd., unsweetened, 1/2 cup, 168

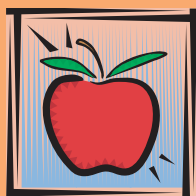
HIGHEST POTASSIUM

all values are in milligrams (mg.)

Milk, whole, 1 cup, 371; skim, 407[†]
Milk, 1% lowfat, 1 cup, 381[†]
Orange juice, fresh, 1/2 cup, 248
Soy milk, 1 cup, 345

FRUIT

portions = 1/2 cup raw, unless otherwise stated



Applesauce, cnd., sweetened, 78; unsweetened, 92
Apricot, halves, 1 medium 104
Blueberries, 65
Cherries, sour, cnd., heavy syrup, 119
Cranberries, 34
Cranberry sauce, cnd., jelled, 1/2" thick, 15
Dates, dried, 1 date, 54
Fig, raw, 1 medium, 116
Grapes, American, 88
Grapes, Tokay, Emperor, seeded, ten, 105
Lemon, 1 medium, 80
Lime, 1 medium, 68
Peaches, cnd., heavy syrup, 121
Pears, ckd., heavy syrup, 87
Pears, juice pack, 119
Pineapple, pieces, 88
Plums, 1 medium, 114
Prunes, dried, 1 prune, 63
Raspberries, 94
Rhubarb, ckd., with sugar, 115
Watermelon, pieces, 88

Apples, w/o skin, 1 medium, 145
Apricots, cnd., heavy syrup, whole, 173; juice pack, 201
Apricots, cnd., heavy syrup, 173
Blackberries, 141
Cherries, sweet, 131
Elderberries, 203
Grapefruit, white, 1/2 medium, 175
Honeydew melon, pieces, 240
Orange, 1 medium, 237
Peach, 1 medium, 193
Peaches, cnd., juice pack, 160
Pear, 1 medium, 208
Pineapple, cnd. pieces, heavy syrup, 132
Prickly pear, 1 medium, 227
Prunes, cnd., heavy syrup, 5 prunes, 194
Raspberries, frozen, sweetened, 142
Strawberries, whole, 120
Strawberries, frozen, sweetened, 125
Tangerine, 1 medium, 132

Apricots, dried, sulfured, 756
Avocado, 1/2 medium, California, 549; Florida, 742
Banana, medium, 467
Cantaloupe, pieces, 274
Kiwifruit, 1 medium, 252
Mango, 1 medium, 323
Nectarine, 1 medium, 288
Papaya, 1/2 medium, 391
Peaches, dried, sulfured, 797
Plantain, sliced, ckd., 358
Pomegranate, 1 medium, 399
Raisins, seedless, 1.5 oz. box (snack size), 323
Sapodilla, 1 medium, 328

VEGETABLES & STARCHES

portions = 1/2 cup unless otherwise stated



Alfalfa seeds, sprouted, raw, 13
Bagel, plain, 4" diameter, 106
Beans, green, ckd., from frozen, 85
Bread, pumpernickel, 1 slice, 54[†]
Bread, one slice, white, 30
Cabbage, common, shredded, boiled, 73
Carrots, baby raw, 1 medium, 28
Cauliflower, boiled from raw, 88
Celery, raw, 1 medium stalk, 115
Corn, ckd., from frozen, 121
Eggplant, boiled, 123
Leeks, 1 boiled, 108
Lettuce, iceberg, 1 cup, 87*
Lettuce, romaine, 81
Mustard greens, ckd., from frozen, 105*
Onions, raw, diced, 126
Parsley, raw, 10 sprigs, 55
Peppers, sweet, boiled, 112
Popcorn, buttered, popped, 1 cup, 10
Radicchio, raw, shredded, 60
Rice, enr., ckd., 1 cup, 17
Spaghetti, enr., ckd., 38
Spinach, raw, chopped, 83*
Turnips, white, cubes, ckd., from raw, 106
Water chestnuts, cnd., sliced, 83

Asparagus, ckd., from frozen, 196
Asparagus, boiled, 6 spears, 144
Beans, green, boiled, 187
Broccoli, boiled, from frozen, 165
Broccoli, boiled, from raw, 143*
Brussel sprouts, boiled from raw, 247
Carrots, sliced, boiled, 177
Cauliflower, raw, pieces, 152*
Chickpeas, boiled, 238
Collards, chopped, frozen, boiled, 214
Collards, leaves, ckd., from raw, 247*
Corn, yellow, boiled, 204
Leeks, 1 raw, 160
Lettuce, butterhead, raw, chopped, 1 cup, 141
Mustard Greens, chopped, boiled, 141*
Oatmeal, regular, ckd., 131[†]
Okra, sliced, ckd. from frozen, 215
Onions, chopped, boiled, 175
Peas, green, raw, 177
Peas, green, frozen, boiled, 134
Peppers, hot chili, 1 raw, 153
Peppers, sweet, 1 raw, 211
Radishes, red, raw, sliced, 135
Scallions, chopped, raw, 138
Squash, summer, all types, sliced, boiled, 173
Tortillas, corn, 4 medium, 148[†]
Turnip greens, chopped, raw, boiled, 146*
Turnips, frozen, boiled, 142

Artichoke, 1 medium, boiled, 425
Beans, black, mature, boiled, 306[†]
Beans, lima, mature, large, boiled, 478[†]
Beans, kidney, all types boiled, 357[†]
Beans, pinto, mature, boiled, 400[†]
Beet greens, boiled, 1309*
Beets, sliced, boiled, 259
Black-eyed peas, boiled from frozen, 319[†]
Cabbage, Chinese bok-choy, shredded, boiled, 316
Cucumbers, raw, w/o peel, 1 medium, 297
Mushrooms, common white, boiled, 278
Okra, boiled, 8 pods, 274
Parsnips, boiled, 1 parsnip, 9", 587
Peanuts, oil roasted, 491[†]
Peas, split, mature, boiled, 355[†]
Potato, baked, w/o skin, 2 1/3" x 4 3/4", 610
Potato, baked, 2 1/4" diam., 926
Potatoes, boiled, w/o skin, 1/2 medium, 274
Soybeans, mature, boiled, 443[†]
Spinach, boiled from frozen, 283
Spinach, boiled from raw, 420*
Squash, winter, cubed, baked, 448
Sweet potato, 1 medium, baked w/skin, 397
Sweet potatoes, peeled, boiled, w/o skin, mashed, 302
Swiss chard, chopped, boiled, 481*
Tomato, raw, 1 medium, red, 273

[†]Foods high in phosphorus.

* Foods high in vitamin K, a concern for those on anti-coagulant therapy.

TIP: To reduce potassium content in 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.

The U.S. Department of Agriculture's National Nutrient Database for Standard Reference (<http://www.ars.usda.gov/ba/bhnrc/ndl>), along with various other sources, was used in creating this guide. This guide is intended to assist you in following the advice of your physician and/or dietician. It is not intended to substitute for medical advice or instruction.

