

Potassium in Foods by Class of Food

Low Potassium

Medium Potassium

High Potassium

Fluids:

To 150mg		From 151 to 200mg		201 or more mg	
Apple juice, 1/2 cup	148	Grape juice, cnd or bottle, 1/2 cup	187	Milk, 1 cup, whole/skim	370/412
Coffee, 6/12 ounces	124/248	Grapefruit juice, cnd, unsw, 1/2 cup	189	Milk, 1% lowfat, 1 cup	381-397
Cranberry juice, 1/2 cup	31	Pineapple juice, cnd, unsw, 1/2 cup	168	Orange juice, fresh, 1/2 cup	248
Ginger ale, 12 ounces	4			Soy milk, 1 cup	338
Tea, 6/12 ounces	27/54				

Fruits:

To 120 mg		From 121 to 250 mg		251 or more mg	
Apples, peeled, sliced	62	Apricots, cnd, heavy syrup	181	Apricots, dried, uncooked	896
Applesauce, cnd, swd/unsw	78/92	juice pack	205	Apricots, dried, ckd, unsw+liq	611
Apricot, 1 medium	105	Blackberries, raw	141	Avocado, 1/2 medium, California	549
Blueberries, raw	65	Cherries, sweet, ten	152	Florida	742
Cherries, sour, red, cnd	120	Elderberries, raw	209	Banana, medium	451
Cranberries, raw	39	Grapefruit, 1/2 medium	167	Cantaloupe, 1/4 medium	413
Cranberry sauce, cnd, swtd	36	Grapefruit, cnd, with syrup	164	Dates, chopped	581
Fig, fresh, 1 medium	116	Orange, 1 medium	237	Figs, five dried	666
Fruit cocktail, cnd, heavy syrup	112	Peach, 1 medium	171	Honeydew melon, 1/4 medium	875
juice pack	118	Peaches, cnd, juice pack	159	Kiwifruit, 1 medium	252
Grapes, ten	93-105	Pear, 1 medium, Asian/Bosc	148/176	Mango, 1 medium	323
Lemon, 1 medium	80	Pear, 1 medium, Bartlett, D'Anjou	208/250	Nectarine, 1 medium	288
Lime, 1 medium	68	Pineapple, cnd, pieces, heavy syrup	133	Peaches, dried, ckd, unsw+liq	413
Peaches, cnd, heavy syrup	118	Pineapple, cnd, pieces, juice pack	153	Peaches, dried, uncooked	797
Pears, ckd, heavy syrup/juice	119	Plums, cnd, juice pack	194	Plantain, boiled, sliced	358
Pineapple, raw, 1 medium	114	Pricklypear, 1 medium	226	Pomegranate, 1 medium	399
Plums, cnd, heavy syrup	118	Raspberries, frozen, sweetened	143	Prunes, ckd, unsw + liq	354
Plums, raw, 1 medium	114	Strawberries, raw	124	Prunes, 5 large, dried, uncooked	365
Raspberries, raw	94	Strawberries, frozen, sweet, sliced	125	Raisins, seedless	545
Rhubarb, ckd, with sugar	115	Tangerine, 1 medium	132	Sapodilla, 1 medium	328
Watermelon, diced	93				

Vegetables:

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, white, 1 slice	28
Cabbage, raw, red/common	72/86
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, raw/ckd from raw	94/46
Lettuce, iceberg, 1 cup	87
Mustard greens, ckd from frozen	104
Oatmeal, regular, 3/4 cup	99
Onions, raw, diced	124
Pasta, plain, 1 cup	103
Peppers, sweet, raw/ckd	89/113
Popcorn, air popped, 1 cup	20
Psyllium husk fiber, 1 T	3
Radiccio, raw, shredded	60
Rice, ckd, white/brown	29/69
Turnips, white, cubes, ckd	106
Water chestnuts, cnd	83

From 126 to 250 mg

Asparagus, ckd, 6 spears	144-202
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/raw	134/234
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 chilli, 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
Beans, black, ckd, drained	306
Beans, lima, ckd from frozen	347-370
Beans, kidney, ckd	365
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, bak choi, ckd	316
Kohlrabi, ckd	281
Lettuce, Boston, 1 5" head (aka butterleaf lettuce)	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	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