

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		From 126 to 250 mg		251 or more mg	
Alfalfa seeds, sprouted, raw	13	Asparagus, ckd, 6 spears	144-202	Artichoke, 1 medium	425
Arugula, raw	37	Beans, green, ckd, from raw	185	Beans, black, ckd, drained	306
Bagel, plain	50	Bread, pumpernickel, 1 slice	141	Beans, lima, ckd from frozen	347-370
Bamboo shoots, cnd	53	Broccoli, ckd, from frozen	167	Beans, kidney, ckd	365
Beans, green, ckd from frozen	76	Broccoli, ckd, from raw	127	Beans, pinto, ckd, drained	398
Bean sprouts, mung, raw	78	Brussels sprouts, ckd, from raw	246	Beet greens, ckd	654
Bean sprouts, mung, ckd	63	Cabbage, common, ckd	154	Beets, ckd, diced or sliced	265
Bread, white, 1 slice	28	Carrots, ckd from raw	177	Black-eyed peas, ckd from frozen	319
Cabbage, raw, red/common	72/86	Carrots, raw, grated	178	Black-eyed peas, ckd from raw	347
Carrots, ckd, from frozen	116	Cauliflower, ckd from raw	202	Cabbage, bak choy, ckd	316
Cauliflower, ckd from frozen	125	Cauliflower, raw florets	178	Kohlrabi, ckd	281
Collards, leaves, ckd from raw	84	Celeriac, ckd/raw	134/234	Lettuce, Boston, 1 5" head	419
Corn, ckd from frozen	114	Celery, raw, diced	171	(aka butterleaf lettuce)	
Cucumbers, sliced	84	Chickpeas, ckd, drained	239	Lentils, ckd	366
Dandelion greens, ckd	121	Collards, ckd from frozen	214	Mushrooms, ckd	278
Eggplant, steamed	119	Corn, ckd, from raw	204	Okra, sliced, ckd from raw	257
Endive, raw	79	Fennel bulb, raw, sliced	180	Parsnips, ckd	287
Jicama, raw	98	Kale, ckd from frozen	209	Peanuts, oil roasted, unsalted	491
Leeks, raw/ckd from raw	94/46	Kale, ckd from raw	148	Peas, split, ckd	355
Lettuce, iceberg, 1 cup	87	Lettuce, romaine, 1 cup	148	Potato, baked, 1 large, no skin	610
Mustard greens, ckd from frozen	104	Mushrooms, raw	130	Potato, baked, 1 large, with skin	844
Oatmeal, regular, 3/4 cup	99	Mustard Greens, ckd from raw	141	Potatoes, boiled, no skin	256
Onions, raw, diced	124	Okra, sliced, ckd from frozen	215	Pumpkin, cnd	253
Pasta, plain, 1 cup	103	Onions, ckd	160	Pumpkin, ckd, from raw	282
Peppers, sweet, raw/ckd	89/113	Parsley, raw	166	Rutabagas, cubes, cooked	277
Popcorn, air popped, 1 cup	20	Peas, edible pod, ckd	192	Soybeans, ckd	486
Psyllium husk fiber, 1 T	3	Peas, green, ckd from frozen	134	Spinach, ckd from frozen	283
Radicchio, raw, shredded	60	Peppers, hot chilli, 1 raw	153	Spinach, ckd from raw	420
Rice, ckd, white/brown	29/69	Radishes, raw	144	Squash, winter, ckd	448
Turnips, white, cubes, ckd	106	Scallions, raw	138	Sweet potato, 1 medium, baked	397
Water chestnuts, cnd	83	Squash, summer, ckd, all types	173	Sweet potatoes, peeled, boiled	301
		Spinach, raw, chopped	154	Swiss chard, ckd from raw	483
		Tomatillos, raw, chopped	177	Tomato, raw, 1 medium, green	251
		Tortillas, corn, four	172	Tomato, raw, 1 medium, red	273
		Turnip greens, ckd from frozen	184		
		Turnip greens, ckd from raw	146		
		Turnips, white, cubes, ckd from frozen	142		