

## Potassium Content in Foods and Drinks

### Drinks

Apple juice, ½ cup	148
Coffee, brewed, 6 ounces	124
Tea, brewed, 6 ounces	27
Grape juice, ½ cup	167
Milk, whole, 1 cup	370
Milk, 1% fat, 1 cup	390
Milk, nonfat, 1 cup	410
Orange juice, ½ cup	248

### Fruits

Serving = ½ cup raw unless stated otherwise

#### Low Potassium: Less than 120 milligrams

Apples, peeled & sliced	62	Lemon, 1 medium	80
Applesauce, canned	78-92	Peaches, canned	118
Apricot, 1 medium	105	Pears, canned	83
Blueberries	65	Pineapple, diced	88
Cranberry sauce	36	Plums, 1 medium	118
Fig, 1 medium	116	Raspberries	94
Fruit cocktail	114	Watermelon, diced	93
Grapes, ten	93-105		

#### Medium Potassium: 121 – 250 milligrams

Apricots, canned	181	Pear, D'Anjou, 1 medium	250
Blackberries	141	Pineapple, canned, heavy syrup	133
Cherries, sweet, ten	152	Pineapple, canned, juice pack	153
Grapefruit, ½ medium or canned	165	Plums, canned	194
Orange, 1 medium	237	Raspberries, frozen, sweetened	143
Peach, 1 medium or canned	165	Strawberries, whole	124
Pear, Asian, 2 medium	148	Tangerine, 1 medium	132
Pear, Bartlett, 1 medium	208		

#### High Potassium: 251 milligrams or more

Apricots, dried	895	Kiwi fruit, 1 medium	252
Avocado, California, ½ medium	549	Mango, 1 medium	323
Avocado, Florida, ½ medium	742	Nectarine, 1 medium	288
Banana, medium	451	Papaya, 1/e medium	390
Cantaloupe, ¼ medium	413	Peaches, dried, uncooked	797
Dates, chopped	581	Peaches, dried, cooked, unsweetened, with liquid	413
Figs, dried, five	666	Prunes, dried, uncooked, 5 large	365
Honeydew melon, ¼ medium	875	Raisins, seedless	545

### Starches

Serving = ½ cup raw unless stated otherwise

Bagel, plain	50
Pasta, plain, "al dente", 1 cup	103
Oatmeal, regular, ¾ cup	99
Rice, cooked, white	29
Rice, cooked, brown	69

To reduce potassium content of vegetables, boil in large quantity of water, then drain and rinse.

Note: All "salt substitutes" and many preservatives contain potassium, sodium, and phosphates

Source: Agricultural Handbook No. 8, United States Department of Agriculture.

# Vegetables

Serving = ½ cup raw unless stated otherwise

## Low Potassium: up to 125 milligrams

Alfalfa sprouts, raw	13	Endive, raw	79
Beans, green	76	Leeks, raw	94
Bean sprouts	63-78	Leeks, cooked from raw	46
Cabbage, raw	72-86	Lettuce, iceberg, 1 cup	87
Cauliflower	125	Onions, raw, diced	124
Carrots, cooked from frozen	116	Peppers, sweet, raw	89
Collards, cooked from raw	84	Peppers, sweet, cooked	113
Corn, cooked from frozen	114	Popcorn, air popped, 1 cup	20
Cucumbers, sliced	84	Water chestnuts, canned	83
Eggplant, steamed	119	Turnips, cooked	106

## Medium Potassium: 126 – 250 milligrams

Asparagus, cooked from frozen	196	Kale, cooked from frozen	209
Beans, green, cooked from raw	185	Lettuce, romaine, 1 cup	148
Broccoli, cooked from raw	127	Mushrooms, raw	130
Broccoli, cooked from frozen	167	Onions, cooked	160
Cabbage, common, cooked	154	Peas, edible pod, cooked	192
Carrots, cooked from raw	177	Peas, green, cooked from frozen	134
Cauliflower, raw flowerets	178	Peppers, hot chili, 1 raw	153
Cauliflower, cooked from raw	202	Radishes, raw	144
Celery, raw, diced	171	Squash, summer, cooked	173
Chickpeas, cooked, drained	239	Spinach, raw, chopped	154
Collards, cooked from frozen	214	Turnip greens, cooked	146-184
Corn, cooked from raw	204		
Kale, cooked from raw	148		

## High Potassium: 251 milligrams or more

Artichoke, 1 medium	425	Okra, sliced, cooked from raw	257
Asparagus, cooked from raw	279	Parsnips, cooked	287
Beans, black, cooked, drained	306	Peanuts, oil roasted, unsalted	491
Beans, lima, cooked from frozen	347-370	Potato, baked, 1 large, no skin	610
Beans, kidney, cooked	355	Potato, baked, 1 large with skin	844
Beans, pinto, cooked, drained	398	Potato, boiled, no skin	256
Beets	265	Pumpkin, canned	253
Black eyed peas, cooked from frozen	319	Soybeans, cooked	486
Black eyes peas, cooked from raw	246	Spinach, cooked from raw	420
Brussel sprouts, cooked from raw	246	Spinach, cooked from frozen	283
Cabbage, bok choy	316	Squash, winter, cooked	448
Lettuce, Boston, 1 5" head	419	Sweet potato, 1 medium	397
Lentils, cooked	366	Swiss chard, cooked from raw	483
Mushrooms, cooked	278	Tomato, raw, 1 medium	251-273

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