

POTASSIUM LEVEL FOOD CHART



LOW: <100 MG



MEDIUM: 100-200 MG



HIGH: > 200 MG

VEGETABLES	SERVING	POTASSIUM
BEEF GREENS	1 CUP	1309
FUFU	1 CUP	1080
SWISS CHARD	1 CUP	961
POTATO	1 MEDIUM	926
YAM	1 CUP	911
ACORN SQUASH	1 CUP	896
AMARANTH LEAVES	1 CUP	846
SPINACH	1 CUP	839
PLANTAINS	1 CUP	663
BUTTERNUT SQUASH	1 CUP	582
PARSNIPS	1 CUP	572
SWEET POTATO	1 CUP	572
KOHLRABI	1 CUP	561
MUSHROOMS	1 CUP	529
TOMATOES	1 CUP	528
PUMPKIN	1 CUP	505
WINTER SQUASH	1 CUP	494
ARTICHOKE	1 CUP	480
BOK CHOY	1 CUP	445
CARROTS	1 CUP	410
CORN	1 CUP	410
LENTILS	1 CUP	366
ONIONS	1 CUP	359
CAULIFLOWER	1 CUP	320
RED BELL PEPPER	1 CUP	314
ASPARAGUS	1 CUP	300
CELERY	1 CUP	300
TURNIP GREENS	1 CUP	292
LETTUCE	1 CUP	200
GREEN BEANS	1 CUP	185
GREEN PEA	1 CUP	180
CUCUMBERS	1 CUP	164
EGGPLANT	1 CUP	129
WATER CHESTNUT	1 CUP	80

FRUIT	SERVING	POTASSIUM
DURIAN	1 CUP	1059

FRUIT	SERVING	POTASSIUM
CHERRIES	1 CUP	306
PEACH	1 CUP	293
ORANGE	1 MEDIUM	240
PEAR	1 MEDIUM	200
WATERMELON	1 CUP	170
APPLE	1 MEDIUM	150
BLUEBERRIES	1 CUP	129
CRANBERRIES	1 CUP	111
PLUM	1 MEDIUM	105
LEMON	1 MEDIUM	80
NECTAR: PAPAYA, MANGO, OR PEAR	1 CUP	70

PROTEIN	SERVING	POTASSIUM
CLAMS	3 OZ	534
HALIBUT, TUNA, COD, SNAPPER	3 OZ	480
MULLET	3 OZ	389
RAINBOW TROUT	3 OZ	383
GOAT	3 OZ	344
TEMPEH	1/2 CUP	342
ATLANTIC MACKEREL	3 OZ	341
SARDINES, CANNED	3 OZ	338
PORK	3 OZ	303
SALMON, HADDOCK, SWORDFISH, PERCH	3 OZ	300
TOFU, RAW	1/2 CUP	299
LAMB	3 OZ	285
TURKEY	3 OZ	250
CHICKEN	3 OZ	220
BEEF	3 OZ	160
SHRIMP	3 OZ	155
EGG	1	60

LEGUMES	SERVING	POTASSIUM
LIMA BEANS	1 CUP	969
ADZUKI BEANS	1/2 CUP	612
WHITE BEANS	1/2 CUP	502

NUTS & SEEDS	SERVING	POTASSIUM
PEANUTS	1/2 CUP	200
HAZELNUTS	1/2 CUP	200
CASHEW NUTS	1/2 CUP	200

DAIRY	SERVING	POTASSIUM
YOGURT, LOW FAT	8 OZ	550-620
COCONUT MILK	1 CUP	497
KEFIR, LOWFAT	1 CUP	399
SKIM MILK	1 CUP	382
GREEK YOGURT	8 OZ	320
SOY BEVERAGE	1 CUP	292
COTTAGE CHEESE	1/2 CUP	110
CHEESE	1 OZ	20-30

GRAINS	SERVING	POTASSIUM
CEREAL	1/2 CUP	200-400
WHEAT GERM	1 OZ	250
OATMEAL	1/2 CUP	80
RICE, WHITE/BROWN	1 CUP	156
WHOLE WHEAT BREAD	1 SLICE	100
TORTILLA	1 PIECE	100
WAFFLE	1 PIECE	100
WHITE BREAD	1 SLICE	100
PASTA	1 CUP	100

FATS	SERVING	POTASSIUM
ALL		

BEVERAGES	SERVING	POTASSIUM
ORANGE JUICE	1 CUP	496
COCONUT WATER	1 CUP	396
GRAPEFRUIT JUICE	1 CUP	378
APPLE JUICE	1 CUP	296
FRUIT COCKTAIL	1 CUP	230
RED WINE	5 OZ	180
COFFEE	6 OZ	124

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