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## List of Foods High in Potassium

Potassium can be found in all kinds of natural fruits, vegetables and dairy products. Therefore, it is but easy to consume the required amount of the mineral by including some of these food items in your diet, according to your requirements.

### Fruits

- Apple
- Apricots
- Avocado
- Cantaloupe
- Bananas
- Dates
- Figs
- Kiwi fruit
- Mango
- Orange and orange juice
- Papaya
- Peach
- Strawberries
- Watermelon juices
- Raisins
- Prunes and prune juice
- Pear
- Nectarines
- Honeydew
- Grapefruit
- Pomegranate

### Meat and Fish

- Beef
- Chicken
- Lamb
- Pork
- Liver
- Turkey
- Veal
- Bass
- Flounder
- Haddock
- Halibut
- Oysters
- Perch
- Salmon
- Scallops
- Tuna

### Beverages

- Beer
- Red Wine
- White Wine
- Cider



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## Vegetables

- Artichoke
- Acorn squash
- Baked beans
- Butternut squash
- Broccoli
- Fresh or boiled beet
- Black beans
- Lima beans
- Cabbage
- Brussels sprouts
- Carrots
- Dried peas and beans
- Hubbard squash
- Lentils
- Legumes
- Mushrooms
- Turnip cabbage
- Pumpkin
- Potatoes
- Parsnips
- Re-fried beans
- Cooked spinach
- Tomatoes and tomato products
- Yellow turnips
- Vegetable juices
- Lettuce
- Kidney beans
- Cauliflower



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### Chart of Foods Rich in Potassium

A simple chart which includes most of the commonly consumed food items, gives the potassium content in each of them. This chart will help you plan your daily diet easily.

By Aarti R Last Updated: 3/26/2012

| Fruits                      |          |           | Vegetables               |         |           | Other Foods     |            |           |
|-----------------------------|----------|-----------|--------------------------|---------|-----------|-----------------|------------|-----------|
| Food Item                   | Size     | K content | Food Item                | Size    | K Content | Food Item       | Size       | K Content |
| Apple (with skin)           | 1        | 148 mg    | Artichoke (cooked)       | 1 cup   | 595 mg    | Molasses        | 1 teaspoon | 498 mg    |
| Apple juice (without sugar) | 1/2 cup  | 125 mg    | Beet (cooked)            | 1/2 cup | 655 mg    | Brazil nuts     | 2 ounces   | 340 mg    |
| Banana                      | 1        | 422 mg    | Broccoli                 | 1/2 cup | 143 mg    | Egg             | 1          | 55 mg     |
| Avocado                     | 1 ounce  | 100 mg    | Fresh Brussels sprouts   | 1/2 cup | 47 mg     | Salmon (canned) | 4 oz.      | 409 mg    |
| Dates                       | 5        | 227 mg    | Carrots                  | 1/2 cup | 177 mg    | Cooked tuna     | 3 ounces   | 484 mg    |
| Raisins                     | 1/4 cup  | 273 mg    | Cauliflower              | 1/2 cup | 151 mg    | Almonds         | 2 ounces   | 412 mg    |
| Strawberries                | 1 cup    | 254 mg    | Cabbage                  | 1/2 cup | 147 mg    | Yogurt          | 6 ounces   | 398 mg    |
| Cantaloupe                  | 1 cup    | 427 mg    | Lettuce                  | 1 cup   | 87 mg     | Ricotta Cheese  | 1/2 cup    | 154 mg    |
| Papaya                      | 1 medium | 360 mg    | Baked potato (with skin) | 1       | 422 mg    | Milk            | 1 cup      | 377 mg    |
| Peach                       | 1 medium | 186 mg    | Steamed spinach          | 1/2 cup | 415 mg    | Cottage Cheese  | 1 cup      | 217 mg    |
| Pear                        | 1 medium | 200 mg    | Kidney beans             | 1/2 cup | 355 mg    | -               | -          | -         |
| Watermelon                  | 1 cup    | 170 mg    | Tomato juice             | 1 cup   | 535 mg    | -               | -          | -         |
| -                           | -        | -         | Sweet potato (with skin) | 1       | 508 mg    | -               | -          | -         |