

Potassium Finder

	Low Potassium <i>to 150 mg.</i>	Higher Potassium <i>from 151 to 200 mg.</i>	Highest Potassium <i>201 or more mg.</i>
Beverages in milligrams	Apple juice, 1/2 cup, 148 Coffee, 6 oz., brewed 124 Cranberry juice, 1/2 cup, 31 Ginger ale, 12 ounces, 4 Tea, 6 ounces, brewed, 27	Grape juice, cnd, or bottle, 1/2 cup, 167 Grapefruit juice, cnd,unsw, 1/2 cup, 189 Pineapple juice, cnd,unsw, 1/2 cup, 168	Milk, whole, 1 cup, 370; skim, 412 Milk, 1% lowfat, 1 cup, 381-397 Orange juice, fresh, 1/2 cup, 248 Soy milk, 1 cup, 338
TIP: Instant powdered drinks and carbonated sodas usually contain potassium or sodium preservatives. Consult your physician or dietitian before consuming.			
	Low Potassium <i>to 120 mg.</i>	Higher Potassium <i>from 121 to 250 mg.</i>	Highest Potassium <i>251 or more mg.</i>
Fruit portions = 1/2 cup raw, unless otherwise stated.	Apples, peeled, sliced, 62 Applesauce, cnd, sweetened, 78 Applesauce, cnd, Unsw. 92 Apricot, 1 medium, 105 Blueberries, raw, 65 Cherries, sour, red, cnd, water pack, 120 Cranberries, raw, 39 Cranberry sauce, cnd, Sweetened, 36 Fig, fresh, 1 medium, 116 Fruit cocktail, cnd, heavy syrup,112 Fruit cocktail, cnd, juice pack, 118 Grapes, Thompson seedless, ten, 93 Grapes, Tokay, Emperor seeded, ten, 105 Lemon, 1 medium, 80 Lime, 1 medium, 68 Peaches, cnd, heavy syrup, 118 Pears, ckd, heavy syrup, 83; Pears, ckd, Juice pack, 119 Pineapple, raw, diced, 88 Plums, cnd, heavy syrup 118 Plums, raw, 1 medium, 114 Raspberries, raw, 94 Rhubarb, ckd, with sugar, 115 Watermelon, diced, 93	Apricots, cnd, heavy syrup, 181 Apricots, cnd, Juice pack, 205 Blackberries, raw, 141 Cherries, sweet, ten, 152 Elderberries, raw, 203 Grapefruit, 1/2 medium, 167 Grapefruit, cnd, with syrup, 164 Orange, 1 medium, 237 Peach, 1 medium, 171 Peaches, cnd, juice pack, 159 Pear, Asian, 1 medium, 148 Pear, 1 medium, Bosc, 176 Pear, 1 medium, Bartlett, 208 Pear, 1 medium, D'Anjou, 250 Pineapple, cnd pieces, heavy syrup, 133 Pineapple, cnd pieces, juice pack, 153 Plums, cnd, juice pack, 194 Pricklypear, 1 medium, 226 Raspberries, frozen, sweetened, 143 Strawberries, raw, 124 Strawberries, frozen, sweetened, sliced, 125 Tangerine, 1 medium, 132	Apricots, dried, uncooked, 896 Apricots, dried, ckd, unsw + liquid, 611 Avocado, 1/2 medium, California, 549 Avocado, 1/2 medium, Florida, 742 Banana, medium, 451 Cantaloupe, 1/4 medium, 413 Dates, chopped, 581 Figs, five dried, 666 Honeydew melon, 1/4 medium, 875 Kiwifruit, 1 medium, 252 Mango, 1 medium, 323 Nectarine, 1 medium, 288 Papaya, 1/2 medium, 390 Peaches, dried, ckd, unsw +liquid, 413 Peaches, dried, uncooked, 797 Plantain, boiled, sliced, 358 Pomegranate, 1 medium, 399 Prunes, ckd, unsw +liquid, 354 Prunes, 5 large, dried, uncooked, 365 Raisins, seedless, 545 Sapodilla, 1 medium, 328

	Low Potassium <i>to 125 mg.</i>	Higher Potassium <i>from 126 to 250 mg.</i>	Highest Potassium <i>251 or more mg.</i>
Vegetables & Starches Portions=1/2 cup unless otherwise stated	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, one slice, white, 28 Cabbage, raw, red, 72 Cabbage, raw, Common, 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, ckd, from raw, 46; raw, 94 Lettuce, iceberg, 1 cup, 87 Mustard greens, ckd, from frozen, 104 Oatmeal, regular, ¾ cup, 99 Onions, raw, diced, 124 Pasta, plain, “al dente,” 1 cup, 103 Peppers, sweet, raw, 89; ckd, 113 Popcorn, air popped, 1 cup, 20 Psyllium husk fiber, 1 T, 3 Radicchio, raw, shredded, 60 Rice, ckd, white, 29; brown, 69 Turnips, white cubes, ckd, Turnips, from raw, 106 Water chestnuts, cnd, sliced. 83	Asparagus, ckd, from frozen, 196 Asparagus, boiled, 6 spears, 144 Beans, green, boiled, 187 Broccoli, boiled, from frozen, 165 Broccoli, boiled, from raw, 143 Brussel sprouts, boiled from raw, 247 Carrots, sliced, boiled, 177 Cauliflower, raw, pieces, 152 Chickpeas, boiled, 238 Collards, chopped, frozen, boiled, 214 Collards, leaves ckd, from raw, 247 Corn, yellow, boiled, 204 Leeks, 1 raw, 160 Lettuce, butterhead, raw, chopped, 1 cup, 141 Mustard Greens, chopped, boiled, 141 Oatmeal, regular, ckd, 131 Okra, sliced, ckd from frozen, 215 Onions, chopped, boiled, 175 Peas, green, raw, 177 Peas, green, frozen, boiled, 134 Peppers, hot chili, 1 raw, 153 Peppers, sweet, 1 raw, 211 Radishes, red, raw, sliced, 135 Scallions, chopped, raw, 138 Squash, summer, all types, sliced, Boiled, 173 Tortillas, corn, 4 medium, 148 Turnip, greens, chopped, raw, boiled, 146 Turnips, frozen, boiled, 142	Artichoke, 1 medium, boiled, 425 Beans, black, mature, boiled, 306 Beans, lima, mature, large, boiled, 478 Beans, kidney, all types boiled, 357 Beans, pinto, mature, boiled, 400 Beet greens, boiled, 1309 Beets, sliced, boiled, 259 Black-eyed peas, boiled from frozen, 319 Cabbage, Chinese bok-choy, Shredded, boiled, 316 Cucumbers, raw, w/o peel, 1 medium, 297 Mushrooms, common white, boiled, 278 Okra, boiled, 8 pods, 274 Parsnips, boiled, 1 parsnip, 9”, 587 Peanuts, oil roasted, 491 Peas, split, mature, boiled, 355 Potato baked, w/o skin, 2 1/3” x4 3/4”,610 Potato, baked, 2 1/4” diam, 926 Potatoes, boiled, w/o skin, ½ medium, 274 Soybeans, mature, boiled, 443 Spinach, boiled from frozen, 283 Spinach, boiled from raw, 420 Squash, winter, cubed, baked, 448 Sweet potato, 1 medium, Baked w/skin, 397 Sweet potatoes, peeled, boiled,w/o skin, Mashed, 302 Swiss chard, chopped, boiled, 481 Tomato, raw, 1 medium, red, 273
TIP: To reduce potassium content of vegetables, boil in large amount of water, rinse and drain. All salt substitutes and many preservatives contain potassium, phosphates, and sodium. Many canned vegetables were omitted from this guide because of their high sodium content.			