



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
Applesauce, canned	78-92
Apricot, 1 medium	105
Blueberries	65
Cranberry sauce	36
Fig, 1 medium	116
Fruit cocktail	114
Grapes, ten	93-105

Medium Potassium: 121 – 250 milligrams

Apricots, canned	181
Blackberries	141
Cherries, sweet, ten	152
Grapefruit, ½ medium or canned	165
Orange, 1 medium	237
Peach, 1 medium or canned	165
Pear, Asian, 2 medium	148
Pear, Bartlett, 1 medium	208

High Potassium: 251 milligrams or more

Apricots, dried	895
Avocado, California, ½ medium	549
Avocado, Florida, ½ medium	742
Banana, medium	451
Cantaloupe, ¼ medium	413
Dates, chopped	581
Figs, dried, five	666
Honeydew melon, ¼ medium	875

Lemon, 1 medium	80
Peaches, canned	118
Pears, canned	83
Pineapple, diced	88
Plums, 1 medium	118
Raspberries	94
Watermelon, diced	93

Pear, D'Anjou, 1 medium	250
Pineapple, canned, heavy syrup	133
Pineapple, canned, juice pack	153
Plums, canned	194
Raspberries, frozen, sweetened	143
Strawberries, whole	124
Tangerine, 1 medium	132

Kiwi fruit, 1 medium	252
Mango, 1 medium	323
Nectarine, 1 medium	288
Papaya, 1/e medium	390
Peaches, dried, uncooked	797
Peaches, dried, cooked, unsweetened, with liquid	413
Prunes, dried, uncooked, 5 large	365
Raisins, seedless	545

Starches

Serving = ½ cup raw unless stated otherwise

Bagel, plain	50
Pasta, plain, "al dente", 1 cup	103
Oatmeal, regular, ¼ 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
Beans, green	76
Bean sprouts	63-78
Cabbage, raw	72-86
Cauliflower	125
Carrots, cooked from frozen	116
Collards, cooked from raw	84
Corn, cooked from frozen	114
Cucumbers, sliced	84
Eggplant, steamed	119

Medium Potassium: 126 – 250 milligrams

Asparagus, cooked from frozen	196
Beans, green, cooked from raw	185
Broccoli, cooked from raw	127
Broccoli, cooked from frozen	167
Cabbage, common, cooked	154
Carrots, cooked from raw	177
Cauliflower, raw flowerets	178
Cauliflower, cooked from raw	202
Celery, raw, diced	171
Chickpeas, cooked, drained	239
Collards, cooked from frozen	214
Corn, cooked from raw	204
Kale, cooked from raw	148

High Potassium: 251 milligrams or more

Artichoke, 1 medium	425
Asparagus, cooked from raw	279
Beans, black, cooked, drained	306
Beans, lima, cooked from frozen	347-370
Beans, kidney, cooked	355
Beans, pinto, cooked, drained	398
Beets	265
Black eyed peas, cooked from frozen	319
Black eyes peas, cooked from raw	246
Brussel sprouts, cooked from raw	246
Cabbage, bok choy	316
Lettuce, Boston, 1 5" head	419
Lentils, cooked	366
Mushrooms, cooked	278

Endive, raw	79
Leeks, raw	94
Leeks, cooked from raw	46
Lettuce, iceberg, 1 cup	87
Onions, raw, diced	124
Peppers, sweet, raw	89
Peppers, sweet, cooked	113
Popcorn, air popped, 1 cup	20
Water chestnuts, canned	83
Turnips, cooked	106

Kale, cooked from frozen	209
Lettuce, romaine, 1 cup	148
Mushrooms, raw	130
Onions, cooked	160
Peas, edible pod, cooked	192
Peas, green, cooked from frozen	134
Peppers, hot chili, 1 raw	153
Radishes, raw	144
Squash, summer, cooked	173
Spinach, raw, chopped	154
Turnip greens, cooked	146-184

Okra, sliced, cooked from raw	257
Parsnips, cooked	287
Peanuts, oil roasted, unsalted	491
Potato, baked, 1 large, no skin	610
Potato, baked, 1 large with skin	844
Potato, boiled, no skin	256
Pumpkin, canned	253
Soybeans, cooked	486
Spinach, cooked from raw	420
Spinach, cooked from frozen	283
Squash, winter, cooked	448
Sweet potato, 1 medium	397
Swiss chard, cooked from raw	483
Tomato, raw, 1 medium	251-273

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