

Prepared For:		Date:	
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Potassium Content of Foods (2020)

You can eat healthy foods with potassium every day. Your body needs this mineral to work properly. It helps your nerves to function and muscles to contract and keeps your heartbeat regular. High levels of potassium in the blood can cause irregular heartbeats and can be life threatening. A low blood level can cause severe muscle weakness and cramps.

The key to selecting foods with potassium is having the right balance for your needs. Your registered dietitian nutritionist (RDN) can help create a daily plan that's right for you.

Tips

- Check portion sizes closely. For example, a serving of dried raisins is ¼ cup and a serving of fresh grapes is ½ cup.
- The Nutrition Facts label presents the amount of potassium per serving.
- Products labeled “low salt” or “low sodium” may have more potassium since potassium is used as a salt substitute.
- Check the ingredient list for sources of potassium: Potassium chloride, potassium sorbate, tetrapotassium phosphate, dipotassium phosphate.

Potassium in Foods

- A low-potassium food can become a high potassium food if you eat a large amount.
- A high-potassium food can be considered a low potassium food if you only eat a small amount of it.

	Lower Potassium Choices	Higher Potassium Choices
	Less than 200 milligrams per serving	200 milligrams or more per serving
Serving size	Serving size of food is ½ cup, 1 small fruit, or 1 cup leafy green unless otherwise noted. Potassium levels may change if a food is fresh, cooked, or canned	

Vegetables	Asparagus Beans (green, wax, yellow) Bean sprouts Broccoli Cabbage (red or green) Carrots Cauliflower Celery Corn Cucumbers Eggplant Greens (kale, mustard greens, endive, watercress) Peppers (green, red, orange) Kale Lettuce (all types) Leeks Mushrooms Onions Peas (green, sugar snap, snow peas) Radishes (5) Summer squash Turnip	Artichokes (1) Avocado Bamboo shoots (raw) Beets (canned, fresh) Brussels sprouts (fresh, frozen) Chard (cooked) Chinese cabbage/bok choy (cooked) Corn (1 ear) Kohlrabi Potatoes (white, sweet, yams) Parsnips Pumpkin Rutabaga Spinach (cooked, canned, frozen) Squash (winter, acorn, butternut, rhubarb) Tomatoes (raw, boiled, canned, purees, sauces) Vegetable or tomato juice
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Fruits	<p>Apple, applesauce</p> <p>Apricot (1)</p> <p>Berries: blackberries blueberries cranberries, raspberries, strawberries</p> <p>Cherries</p> <p>Clementine (1), mandarin orange, tangerine</p> <p>Dried apples, blueberries, cherries, cranberries (¾ cup)</p> <p>Fruit cup: any fruit, fruit cocktail</p> <p>Grapes</p> <p>Grapefruit (½)</p> <p>Lemon and limes</p> <p>Plum (1)</p> <p>Pear</p> <p>Watermelon (1 cup)</p> <p>Fruit juice: apple, cranberry, grape, pineapple</p> <p>Nectars: apricot, mango, papaya, peach, pear</p>	<p>Bananas</p> <p>Dried fruit (such as apricots, dates, figs, prunes, raisins, currants) ¼ cup</p> <p>Kiwi (1)</p> <p>Melon: Cantaloupe, honeydew</p> <p>Nectarine (1 medium)</p> <p>Orange (fresh, 1 medium)</p> <p>Papaya (1/2 medium)</p> <p>Peach</p> <p>Plantain</p> <p>Pomegranate</p> <p>Fruit juice: pomegranate, prune, orange, carrot</p>
Grains	<p>Cereal, whole grain and plain (1 cup)</p> <p>Oatmeal (1 cup)</p> <p>Bread, whole grain, raisin, white (1 slice)</p> <p>Pasta (whole grain and white)</p> <p>Rice (white or brown)</p>	<p>Bran cereals</p> <p>Granola</p>
Protein Foods	<p>Peanut butter (1 tablespoon)</p> <p>Hummus (¼ cup)</p> <p>Tofu (firm, soft, silken)</p> <p>Vegetarian patty (2 ounces, size of ½ palm of hand)</p>	<p>Legumes/Pulses: Black, kidney, pinto or white beans, black-eyed peas, split peas, lentils, chickpeas, garbanzos</p> <p>Beef, fish, and poultry (3 ounces, size of palm of hand)</p> <p>Nuts (¼ cup)</p> <p>Soy: soy nuts , tofu (extra firm or lite)</p>
Dairy and Alternatives	<p>Rice, almond, or oat dairy alternates</p> <p>Cream cheese (1 tablespoon)</p> <p>Natural cheese (blue, brie, cheddar, Swiss) (1 ounce)</p> <p>Sour cream (1 tablespoon)</p>	<p>Milk (8 ounces)</p> <p>Yogurt (fruit flavors, 8 ounces)</p> <p>Soy milk</p> <p>Cottage cheese (1 cup)</p> <p>Coconut milk</p>

Beverages	Lemonade (8 ounces) Tea (8 ounces, fresh brewed)	Coconut water Low-sodium broths and soups (1 cup, ½ can, 1 packet, bouillon cube) Bottled/instant tea
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