



SOURCES OF POTASSIUM

Potassium is found in a wide variety of foods, particularly fruits and vegetables. The following list of foods provide a high amount of potassium.

FOODS	SERVING SIZE	POTASSIUM PER SERVING (MG)	FOODS	SERVING SIZE	POTASSIUM PER SERVING (MG)
BREADS, CEREALS, AND GRAIN PRODUCTS					
Bran Flakes	1 ounce	180	Artichoke	1 med.	315
100% Bran Cereals	1 ounce	354	Black-eyed Peas, frozen cooked	½ cup	319
FRUITS					
Apricots, dried, cooked	½ cup	611	Chard, Swiss, cooked	½ cup	483
Apricots, dried, uncooked	1/4 cup	448	Kidney Beans, cooked	½ cup	328
Bananas, raw	1 med.	451	Greens, Kale, Mustard, cooked	½ cup	141
Cantaloupe, raw	½ cup	247	Lentils, cooked	½ cup	365
Grapefruit juice	½ cup	202	Lima Beans, frozen, cooked	½ cup	369
Honeydew, raw	½ cup	230	Mushrooms, cooked	½ cup	278
Nectarines	1 med.	288	Parsnips, cooked	½ cup	286
Orange Juice	½ cup	236	Plantain, cooked	1 cup	716
Orange, raw	1 med.	237	Potato, baked with skin	1 small	557
Peaches, dried	½ cup	391	Potatoes, boiled without skin	½ cup	255
Pears, dried	½ cup	330	Pumpkin, cooked	½ cup	251
Pomegranate, raw	1 med.	399	Spinach, cooked	½ cup	283
Prunes, dried	½ cup	354	Squash, winter (acorn, butternut)	½ cup	492
Prune juice	½ cup	353	Sweet potatoes baked in skin	½ cup	348
Raisins, seedless	1/4 cup	272	Sweet potatoes baked without skin	½ cup	302
Watermelon	1 cup	185	Tomatoes, raw	1 med.	255
MISCELLANEOUS					
Molasses	2 Tbsp	376	Tomatoes, cooked	½ cup	312
Morton's Lite Salt	1/4 tsp	375	Tomato juice	½ cup	234
Salt Substitute	1/4 tsp	500 – 700			
MILK AND YOGURT					
Milk, all varieties	1 cup	375			
Yogurt, low fat	1 cup	400 – 500			

