



## 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)
<b>BREADS, CEREALS, AND GRAIN PRODUCTS</b>			<b>VEGETABLES</b>		
Bran Flakes	1 ounce	180	Artichoke	1 med.	315
100% Bran Cereals	1 ounce	354	Black-eyed Peas, frozen cooked	½ cup	319
<b>FRUITS</b>			Chard, Swiss, cooked	½ cup	483
Apricots, dried, cooked	½ cup	611	Kidney Beans, cooked	½ cup	328
Apricots, dried, uncooked	¼ cup	448	Greens, Kale, Mustard, cooked	½ cup	141
Bananas, raw	1 med.	451	Lentils, cooked	½ cup	365
Cantaloupe, raw	½ cup	247	Lima Beans, frozen, cooked	½ cup	369
Grapefruit juice	½ cup	202	Mushrooms, cooked	½ cup	278
Honeydew, raw	½ cup	230	Parsnips, cooked	½ cup	286
Nectarines	1 med.	288	Plantain, cooked	1 cup	716
Orange Juice	½ cup	236	Potato, baked with skin	1 small	557
Orange, raw	1 med.	237	Potatoes, boiled without skin	½ cup	255
Peaches, dried	½ cup	391	Pumpkin, cooked	½ cup	251
Pears, dried	½ cup	330	Spinach, cooked	½ cup	283
Pomegranate, raw	1 med.	399	Squash, winter (acorn, butternut)	½ cup	492
Prunes, dried	½ cup	354	Sweet potatoes baked in skin	½ cup	348
Prune juice	½ cup	353	Sweet potatoes baked without skin	½ cup	302
Raisins, seedless	¼ cup	272	Tomatoes, raw	1 med.	255
Watermelon	1 cup	185	Tomatoes, cooked	½ cup	312
<b>MISCELLANEOUS</b>			Tomato juice	½ cup	234
Molasses	2 Tbsp	376			
Morton's Lite Salt	¼ tsp	375			
Salt Substitute	¼ tsp	500 – 700			
<b>MILK AND YOGURT</b>					
Milk, all varieties	1 cup	375			
Yogurt, low fat	1 cup	400 – 500			