

# Potassium content of foods

High potassium foods (more than 200 mg per serving)	
<b>Fruit</b>	One papaya (781) One cup of prune juice (707) One cup of cubed cantaloupe (494) or diced honeydew melon (461) One small banana (467) One-third cup of raisins (363) One medium mango (323) or kiwi (252) One small orange (237) or one-half cup of orange juice (236) One medium pear (208)
<b>Vegetables</b>	One cup of tomato juice (535) or chopped or sliced tomato (400) One baked sweet potato, with skin (508) One-half of a medium avocado (450) One-half of a medium potato, with skin (422) One cup of fresh or cooked asparagus (288) One-half cup of cooked pumpkin (282) One-half cup of cooked mushrooms (277) One-half cup of fresh Brussels sprouts (247)
<b>Protein-containing foods</b>	One-half cup of cooked pinto beans (400), lentils (365), or dried peas (355) One cup of soy milk (345) Three ounces of baked or broiled salmon (319) Three ounces of roasted turkey, dark meat (259) One-fourth cup of sunflower seeds (241) Three ounces of cooked lean beef (224) Two tablespoons of peanut butter (214)
<b>Dairy</b>	Six ounces of yogurt (398) One cup of 2 percent white milk (377) One cup of low-fat (2 percent) cottage cheese (217)

<b>Other</b>	One tablespoon of molasses (498)
<b>Medium potassium foods (100-200 mg per serving)</b>	
<b>Fruit</b>	One medium peach (193) One cup of watermelon (176) One small apple (159) or one-half cup of apple juice (147) One-half cup of peaches canned in juice (158) One-half cup of canned pineapple (152) One-half cup of fresh, sliced strawberries (138)
<b>Vegetables</b>	One-half cup of fresh green beans (187) One-half cup of fresh carrots (177) One-half cup of cooked zucchini, summer squash (173) One-half cup of fresh cauliflower (151) One-half cup of canned peas (147) One-half cup of fresh broccoli (143) One-half cup of frozen corn (120)
<b>Protein-containing foods</b>	One ounce of salted peanuts (187)
<b>Dairy</b>	One-half cup of ricotta cheese (154) One-half cup of vanilla ice cream (131)
<b>Other</b>	One and one-half ounce chocolate bar (169)
<b>Low potassium foods (less than 100 mg per serving)</b>	
<b>Fruit</b>	One-half cup of mandarin oranges (98) Ten small grapes (93) One-half cup of sweetened applesauce (78) One-half cup of fresh blueberries (63)
<b>Vegetables</b>	One-half cup of cucumber slices (88) One cup of iceberg lettuce (87) One-half cup of frozen green beans (85)
<b>Protein-containing foods</b>	One egg (55 mg)
<b>Dairy</b>	One ounce of American cheese (79) or cheddar cheese (28)

## References

From url: <http://www.drugs.com/cgi/potassium-content-of-foods-list.html> Accessed 25/11/09