

Lisa Merrill MS, RD, CDE

Registered Dietitian Exercise Physiologist Certified Diabetes Educator

www.lisamerrill.com Lisa@lisamerrill.com 734-502-8264

Potassium Containing Foods



The following is a list of potassium sources. Having a 2:1 ratio of potassium to sodium can help lower blood pressure, as compared to higher sodium ratios. Also, low potassium levels can cause muscle cramping.

Fruits

Low Potassium:

Apples – 62mg per ½ c
Applesauce – 92mg per ½ c
Blueberries – 65mg per ½ c
Cherries – 120mg per ½ c
Grapes – 93mg per 10
Pineapple – 88mg per ½ c
Raspberries – 94mg per ½ c
Watermelon – 93mg per ½ c

Higher Potassium:

Grape Juice – 167mg per ½ c
Blackberries – 141mg per ½ c
Grapefruit – 167mg per ½ fruit
Orange – 237mg per 1 fruit
Pear – 148mg per 1 fruit
Strawberries – 124mg per ½ c

Highest Potassium:

Orange Juice – 248mg per ½ c
Avocado – 549mg per ½ fruit
Banana – 451mg each
Dates – 581mg per ½ c
Kiwi – 252mg each
Mango – 323mg each
Nectarine – 288mg each
Papaya – 390mg per ½ fruit
Plantain (boiled) – 358mg per ½ c

Veggies

Low potassium:

Arugula – 37mg per ½ c
Cabbage – 86mg per ½ c
Collards - 84mg per ½ c
Cauliflower – 125mg per ½ c*
Corn - 114mg per ½ c
Cucumber – 84mg per ½ c
Eggplant – 119mg per ½ c
Lettuce (iceberg) – 87mg per 1 c
Onions – 124mg per ½ c
Peppers – 89mg per ½ c

Higher potassium:

Asparagus – 196mg per ½ c
Green Beans – 185mg per ½ c
Broccoli – 127mg per ½ c*
Brussel Sprouts – 246mg per ½ c*
Carrots – 177mg per ½ c
Celery – 171mg per ½ c
Chickpeas – 239mg per ½ c
Kale – 148mg per ½ c*
Romaine Lettuce – 148mg per 1 c*
Mushrooms – 130mg per ½ c
Okra – 215mg per ½ c
Parsley – 166mg per ½ c*
Peas – 134mg per ½ c
Summer Squash – 173mg per ½ c
Spinach – 154mg per ½ cup chopped*

Highest potassium:

Artichoke – 425mg each
Black Beans – 306mg per ½ c^
Lima Beans – 370mg per ½ c^
Kidney Beans – 355mg per ½ c^
Beets – 285mg per ½ c
Black Eyed Peas – 347mg per ½ c^
Lentils – 366mg per ½ c^
Potato (baked, with skin) – 844mg each
Rutabagas – 211mg per ½ c
Sweet Potato – 397mg each
Tomato – 273mg each
V8 Juice Regular – 640mg for 12oz
Low Sodium V8 – 1180mg for 12oz

^ indicates foods high in phosphorus

* indicates foods that are high in vitamin K; a concern for those on anticoagulant medications

Additional Food Sources



Low potassium:

Coffee – 124 mg per 6oz

Tea – 21mg per 6oz

Bagel – 50mg per ½ c

Bread (white) – 28mg per slice

Oatmeal – 99mg per ¾ c[^]

Pasta (plain) – 103mg per ½ c

Popcorn – 20mg per 1 c

White Rice – 29mg per ½ c

Brown Rice – 69mg per ½ c

Higher potassium:

Corn Tortillas – 172mg per 4[^]

Highest potassium:

Milk (whole) – 412mg per 1 c[^]

Soy Milk – 338mg per 1 c

[^] indicates foods high in
phosphorus

Notes: