



# Potassium in Foods

**Your doctor has advised you to limit the amount of potassium in your diet. This handout lists the amount of potassium in many foods. Use this information to help guide your food choices.**

**These are guidelines only. It is best to talk about your specific dietary needs with a dietitian or diet technician.**

## What is potassium?

Potassium (K<sup>+</sup>) is an important mineral that helps our bodies function well. It plays a vital role in the activity of muscles, including the heart. It also helps the nervous system send electrical signals throughout the body.

## Why do I need to limit my potassium intake?

For health reasons, some people need to limit the amount of potassium in their diets. Potassium levels in the body may go up and down because of kidney disease, diabetes, vomiting, hormone-level changes, how much potassium you get from your diet, blood pH, and as a side effect of some medicines.

Your doctor has advised you to eat a low-potassium diet. This means limiting your intake of potassium to about 2,000 mg to 3,000 mg a day.

The tables in this handout show the potassium content of many foods. The tables are divided into foods that have high, medium, and low levels of potassium. Use this information to help guide your food choices while you are on a low-potassium diet.

## Tips

- Whole grains usually have more potassium than refined grains. When following a low-potassium diet, choose:
  - Foods made with white flour (instead of whole-wheat or other whole-grain flours)
  - Plain white rice (instead of brown rice or enriched white rice)
- Keep serving sizes in mind. Even if a food is high in potassium, you may not need to remove it from your diet. Instead, eat only small amounts of the food, or eat it less often. If you cut the serving size in half, you will also cut the potassium content in half.

Dried fruit often has more potassium than the same fruit when it is fresh. For instance, ½ cup of dried apricots has about 750 mg potassium. Fresh apricots have about 200 mg potassium in ½ cup.

And, most people eat more dried fruit than they would eat fresh. For instance, most people would not eat 10 fresh apricots at one time, but many of us might eat 10 dried apricots at a time.

When following a low-potassium diet, try to avoid dried fruits.

## Foods That Are High in Potassium

One serving of these foods has more than 200 mg of potassium.

Food	Amount in 1 Serving	Mg Potassium
<b>Fruits and Vegetables</b>		
Apple juice	1 cup	250
Apricots, dried	10 halves	407
Asparagus, cooked	1 cup	310
Avocado	1 medium	1,484
Banana, fresh	1 cup	537
Beet greens, cooked	1 cup	1,309
Beets, cooked	1 cup	519
Blackberries, fresh	1 cup	233
Broccoli, cooked	1 cup	457
Broccoli, raw	1 cup	278
Brussels sprouts, cooked	1 cup	495
Cabbage, Chinese, cooked	1 cup	631
Cabbage, cooked	1 cup	294
Cantaloupe	1 cup	427
Carrot juice	1 cup	689
Carrots, cooked	1 cup	367
Carrots, raw	1 cup	352
Cauliflower, raw	1 cup	303
Celery, raw	1 cup	312
Coconut, shredded	1 cup	313
Collard greens, cooked	1 cup	427
Corn, cooked	1 cup	391
Cucumber, raw with peel	1 whole	442
Dates, dried	½ cup	584
Grape juice	1 cup	263
Grapes, fresh (green or red)	1 cup	306
Green beans, snap, cooked	1 cup	215
Honeydew melon	1 cup	388
Mango, fresh	1 medium	323
Mushrooms, cooked	1 cup	555
Mushrooms, white, raw	1 cup	223

**Foods That Are High in Potassium, *continued***

<b>Food</b>	<b>Amount in 1 Serving</b>	<b>Mg Potassium</b>
Nectarine, fresh	1 medium	273
Okra, cooked	1 cup	431
Onions, boiled	1 cup	350
Onions, raw	1 cup	234
Orange juice	1 cup	496
Orange, fresh	1 cup	326
Parsnips, cooked	1 cup	573
Peaches, fresh	1 cup	323
Peppers, sweet, red, raw	1 cup	314
Pineapple juice	1 cup	325
Plantain, fresh	1 medium	893
Potato chips	1 oz.	494
Potato, baked with skin	1 medium	1,081
Potato, boiled without skin	1 cup	512
Prune juice	1 cup	707
Prunes	½ cup	398
Pumpkin, cooked	1 cup	564
Raisins, seedless	¼ cup	272
Raspberries, fresh	1 cup	285
Spinach, cooked	1 cup	839
Squash, summer	1 cup	346
Squash, winter, cooked	1 cup	494
Strawberries, fresh	1 cup	254
Sweet potato, cooked with skin	1 medium	695
Tomato juice, canned	1 cup	556
Tomato paste	1 cup	2657
Tomato sauce, canned	1 cup	811
Tomato sauce, marinara	1 cup	850
Tomato soup, canned, made with milk	1 cup	466
Tomato, canned, puree	1 cup	1,098
Tomato, fresh	1 cup	427
Tomatoes, canned, stewed	1 cup	528

**How to soak vegetables and beans to lower their potassium content:**

- 1. Peel vegetables and slice them thinly, about ⅛ inch thick, then rinse. Place sliced vegetables in a pan of warm water, using 10 times more water than vegetables.**
- 2. Soak for at least 30 minutes. Drain and rinse vegetables. Boil for 5 minutes. Discard water.**
- 3. Potatoes that have been soaked this way can be french-fried (baked or fried), mashed, scalloped, or put in soups or stews. Dried beans should be cooked and then rinsed and soaked.**

**Foods That Are High in Potassium, *continued***

<b>Food</b>	<b>Amount in 1 Serving</b>	<b>Mg Potassium</b>
<b>Nuts and Legumes</b>		
Almonds, shelled	1 oz. (24 nuts)	200
Beans, baked, canned	1 cup	746
Beans, refried	1 cup	847
Beans, white, canned	1 cup	1,189
Black beans, cooked	1 cup	611
Chestnuts, roasted	1 cup	847
Chickpeas, cooked	1 cup	477
Kidney beans, cooked	1 cup	713
Lentils, cooked	1 cup	731
Lima beans, boiled	1 cup	955
Navy beans, cooked	1 cup	708
Peanuts, roasted, shelled	1 oz.	206
Pinto beans, cooked	1 cup	746
Pistachio nuts, shelled	1 oz. (47 nuts)	295
Soybeans (edamame), boiled	1 cup	970
Split peas, cooked	1 cup	710
Sunflower seeds, dry roasted	¼ cup	272
Trail mix, tropical	1 cup	993
<b>Grains</b>		
Couscous, dry	1 cup	287
Rice, white, enriched, cooked	1 cup	346
<b>Dairy Products and Substitutes</b>		
Chocolate milk, low-fat	1 cup	425
Milk, 1% or 2%	1 cup	350
Milk, whole	1 cup	366
Milk, condensed, canned	1 cup	1,135
Milk, evaporated, canned	1 cup	349
Ricotta cheese, low-fat	1 cup	308
Ricotta cheese, whole milk	1 cup	246
Soymilk, unfortified	1 cup	289
Yogurt, plain, nonfat	8 oz.	579
Yogurt, plain, low-fat	8 oz.	531
Yogurt, plain, whole milk	8 oz.	352
<b>Protein Foods</b>		
Egg substitute	¼ cup	207

## Foods with Medium Levels of Potassium

One serving of these foods has between 100 mg and 200 mg of potassium.

Food	Amount in 1 Serving	Mg Potassium
<b>Fruits and Vegetables</b>		
Apple, fresh with skin	1 apple	148
Applesauce, sweetened	1 cup	191
Barley, pearled, cooked	1 cup	146
Blueberries, fresh	1 cup	112
Cherries, sweet, fresh	10 cherries	151
Lettuce, green leaf	1 cup	109
Pear, fresh	1 pear	198
Peas, green, cooked from frozen	1 cup	176
Pineapple, fresh	1 cup	169
Spinach, raw	1 cup	167
Watermelon, fresh	1 cup, diced	152
<b>Nuts and Legumes</b>		
Cashews, roasted	1 oz. (18 nuts)	179
Hazelnuts, shelled	1 oz.	193
Peanut butter	1 tablespoon	119
Pecans, shelled	1 oz. (20 halves)	116
Pine nuts, dried	1 oz.	169
Walnuts, shelled	1 oz. (14 halves)	125
<b>Grains</b>		
Oatmeal, regular, quick and instant, cooked with water	1 cup	164
Wild rice, cooked	1 cup	166
<b>Protein Foods</b>		
Meat, fish, and poultry	1 oz.	110
<b>Dairy Products and Substitutes</b>		
Cottage cheese, all	1 cup	200

## Foods That Are Low in Potassium

One serving of these foods has less than 100 mg of potassium.

Food	Amount in 1 Serving	Mg Potassium
<b>Fruits and Vegetables</b>		
Apricot, fresh	1 apricot	91
Grapes, fresh	10 small	93
Onions, raw	1 slice	55
Plum, fresh	1 plum	83
<b>Grains</b>		
Bagel, plain	3½-inch bagel	53
Bread, multigrain	1 slice	60
Bread, rye	1 slice	53
Bread, wheat	1 slice	46
Bread, white	1 slice	25
Popcorn, air popped	1 cup	26
Rice, white, long grain, cooked	1 cup	55
Tortilla, corn	1 tortilla	48
Tortillas, flour	1 tortilla	50
<b>Protein Foods</b>		
Egg	1 large	68
<b>Dairy and Dairy Substitutes</b>		
Cheese, American	1 oz.	69
Cheese, cheddar	1 oz.	28
Cheese, cream, nonfat	1 tablespoon	43
Cheese, cream, reduced fat	1 tablespoon	37
Cheese, cream, regular	1 tablespoon	20
Cheese, mozzarella, whole milk	1 oz.	22
Cheese, parmesan	1 tablespoon	6
Cheese, provolone	1 oz.	39
Cheese, Swiss	1 oz.	22

