

# Potassium in Foods

Vegetables portion = ½ cup, unless otherwise stated

Low Potassium (up to 125 mg)	mg	Medium Potassium (126 to 250 mg)	mg	High Potassium (251 mg or more)	mg
Alfalfa (seeds, sprouted, fresh)	13	Asparagus (cooked from frozen)	196	Artichoke (1 medium)	425
Arugula (raw)	37	Beans (green, cooked from raw)	185	Asparagus (cooked from raw)	279
Bamboo shoots (canned)	53	Broccoli (cooked from frozen)	167	Beans, black (cooked, drained)	306†
Beans (green, cooked from frozen)	76	Broccoli (cooked from raw)	127*	Beans, lima (thick, cooked from frozen)	347†
Bean sprouts (mung, raw)	78	Brussels sprouts (cooked from frozen)	246	Beans, lima (thin, cooked from frozen)	370†
Bean sprouts (mung, cooked)	63	Cabbage (common, cooked)	154	Beans, kidney (cooked)	355†
Cabbage (red, raw)	72	Carrots (cooked from raw)	177	Beans, pinto (cooked, drained)	398†
Cabbage (common)	86*	Carrots (raw, grated)	205	Beet greens (cooked)	654*
Carrots (cooked from frozen)	116	Celeriac (cooked)	134	Beets (cooked, diced or sliced)	265
Cauliflower (cooked from frozen)	125*	Celeriac (raw)	234	Black-eyed peas (cooked from frozen)	319†
Cauliflower (cooked from raw)	88	Celery (raw, diced)	171	Black-eyed peas (cooked from raw)	347†
Cauliflower (raw florets)	151	Chickpeas (cooked, drained)	239	Cabbage, bok choy or pak choi (cooked)	316
Collards (leaves cooked from raw)	84*	Collards (cooked from frozen)	214	Kohlrabi (cooked)	281
Corn (cooked from frozen)	114	Corn (cooked from raw)	204	Lentils (cooked)	366†
Cucumber (sliced)	84	Fennel bulb (raw, sliced)	180	Mushrooms (cooked)	278
Dandelion greens (cooked)	121*	Kale (cooked from frozen)	209	Okra (sliced, cooked from raw)	257
Eggplant (steamed)	119	Kale (cooked from raw)	148*	Parsnips (cooked)	287
Endive (raw)	79*	Lettuce (1 cup, Butterhead Boston)	131	Peanuts (oil roasted, unsalted)	491†
Jicama (raw)	98	Lettuce (1 cup, romaine)	148	Peas, split (cooked)	355†
Leeks (cooked from raw)	46	Mushrooms (raw)	130	Potatoes (baked, 1 large, no skin)	610
Leeks (raw)	94	Mustard greens (cooked from raw)	141	Potatoes (baked, 1 large, with skin)	844
Lettuce (1 cup, iceberg)	87*	Okra (sliced, cooked from frozen)	215	Potatoes (boiled, no skin, dialyzed)	256
Mustard greens (cooked from frozen)	104*	Onions (cooked)	160	Pumpkin (canned)	253
Onion (raw, diced)	124	Parsley (raw)	166	Pumpkin (cooked from raw)	282
Peppers (sweet, raw)	89	Peas (edible pods, cooked)	192	Rutabagas (cubes, cooked)	277
Peppers (cooked)	113	Peas (green, cooked from frozen)	134	Soybeans (cooked)	486†
Psyllium husk fiber (1 tablespoon)	3	Peppers, hot chili (1 raw)	153	Spinach (cooked from frozen)	283
Radicchio (raw, shredded)	60	Radishes (raw)	144	Spinach (cooked from raw)	420 *
Turnip (white, cubes, cooked from raw)	106	Scallions (raw)	138	Squash, winter (cooked, all types)	448
Water chestnuts (canned)	83	Squash, summer (cooked, all types)	173	Sweet potatoes (1 medium, baked)	397
		Spinach (raw, chopped)	154*	Sweet potatoes (peeled, boiled)	301
		Tomatillos (raw, chopped)	177	Swiss chard (cooked from raw)	483*
		Turnip greens (cooked from frozen)	184	Tomato (green, 1 medium, raw)	25 1
		Turnip greens (cooked from raw)	146*	Tomato (red, 1 medium, raw)	273
		Turnips (white, cubes, cooked from frozen)	142	Tomato juice	268
		V8® juice	235		

**Tip:** To reduce the potassium content of vegetables, boil in large amount of water, rinse, and drain. All salt substitutes and many preservatives contain potassium, phosphates, and sodium. Many canned vegetables were omitted from this guide because of their high sodium content.

† Foods high in phosphorus.

\* Foods high in vitamin K, a concern for those on anticoagulant therapy.

This information is not intended to diagnose or take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

**Fruit portion = ½ cup, unless otherwise stated**

Low Potassium (up to 125 mg)	mg	Medium Potassium (126 to 250 mg)	mg	High Potassium (251 mg or more)	mg
Apples (peeled, sliced)	62	Apricots (canned, heavy syrup)	181	Apricots (dried, uncooked)	896
Applesauce (canned, sweetened)	78	Blackberries (raw)	205	Apricots (dried, cooked, unsweetened + liquid)	611
Applesauce (canned, unsweetened)	92	Cherries (sweet, 10)	152	Avocado (California, ½ medium)	549
Apricot (1 medium)	105	Elderberries (raw)	203	Avocado (Florida, ½ medium)	742
Blueberries (raw)	65	Grapefruit (½ medium)	167	Banana (medium)	451
Cherries (sour, red, canned, water pack)	120	Grapefruit (canned with syrup)	164	Cantaloupe (¼ medium)	413
Cranberries (raw)	65	Orange (1 medium)	237	Dates (chopped)	581
Cranberry sauce (canned, sweetened)	36	Peach (1 medium)	171	Figs (dried, 5)	666
Fig (fresh, 1 medium)	116	Peaches (canned, juice pack)	159	Honeydew melon (¼ medium)	875
Fruit cocktail (canned, heavy syrup)	112	Pear, Asian (raw)	148	Kiwifruit (1 medium)	252
Fruit cocktail (canned, juice packed)	118	Pear, Bosc (raw)	176	Mango (1 medium)	323
Grapes, Thompson seedless (10)	93	Pear, Bartlett (raw)	208	Nectarine (1 medium)	288
Lemon (1 medium)	80	Pear, D'Anjou (raw)	250	Papaya (½ medium)	390
Lime (1 medium)	68	Pear, Prickly (1 medium)	226	Peaches (dried, cooked, unsweetened + liquid)	413
Peaches (canned, heavy syrup)	118	Pineapple (canned, pieces, heavy syrup)	133	Peaches (dried, uncooked)	797
Pears (canned, heavy syrup)	83	Pineapple (canned, pieces, juice pack)	153	Plantain (boiled, sliced)	358
Pears (canned, juice packed)	119	Plums (canned, juice pack)	194	Pomegranate (1 medium)	399
Pineapples (diced, raw)	88	Raspberries (frozen, sweetened)	143	Prunes (cooked, unsweetened + liquid)	354
Plums (canned, heavy syrup)	118	Tangerine (1 medium)	132	Prunes (5 large, dried, uncooked)	365
Plums (raw, 1 medium)	114			Raisins, seedless	545
Raspberries (raw)	94			Sapodilla (1 medium)	328
Rhubarb (cooked with sugar)	115				
Strawberries (raw)	124				
Strawberries (frozen, sweetened, sliced)	125				
Watermelon (diced)	93				

**Other Foods portion = ½ cup, unless otherwise stated**

Low Potassium (up to 125 mg)	mg	Medium Potassium (126 to 250 mg)	mg	High Potassium (251 mg or more)	mg
Bread (1 slice, multi grain)	71	Café Francais International Coffee	129	Bouillon (low sodium)	300
Bread (1 slice, white)	30	Coconut	142	Chocolate (2 ounces., dark)	366
Cake (1/12 of 8 inch cake)	35	Ice Cream	143	Granola	330
Coffee (brewed)	64	Milk (Soy, Cow)	187	Molasses (1 tablespoon)	308
Corn bran	12	Nuts/seeds (¼ cup, 1 ounce.)	179	Rice bran	876
Ginger Ale	3	Yogurt	215	Wheat/bran/bran products	343
Hawaiian Punch	52			Salt Substitutes (1 teaspoon):	
Lemonade (1 cup)	37			lo-salt, nu-salt, no-salt	2500
Non-dairy creamer (1 tablespoon)	29			lite-salt	1500
Noodles or pasta	25				
Oat bran	100				
Pies (no chocolate or high-potassium fruit) (½ pie)	100				
Rice	22				
Rice (brown)	42				
Sports drinks, (Gatorade) (8 ounces.)	30				
Tea (brewed)	44				
Tortillas (corn or flour)	50				

For additional nutritional data: [nutritiondata.com](http://nutritiondata.com)