

# POTASSIUM FINDER

## BEVERAGES



### LOW POTASSIUM

all values are in milligrams (mg.)

Apple juice, 1/2 cup, 148  
Coffee, 8 oz., brewed, 128  
Cranberry juice, cocktail, 1/2 cup, 23  
Ginger ale, 12 oz., 4  
Tea, brewed, black, 8 oz., 88

### HIGHER POTASSIUM

all values are in milligrams (mg.)

Grape juice, cnd. or bottled, 1/2 cup, 167  
Grapefruit juice, cnd., unsweetened, 1/2 cup, 189  
Pineapple juice, cnd., unsweetened, 1/2 cup, 168

### HIGHEST POTASSIUM

all values are in milligrams (mg.)

Milk, whole, 1 cup, 371; skim, 407<sup>†</sup>  
Milk, 1% lowfat, 1 cup, 381<sup>†</sup>  
Orange juice, fresh, 1/2 cup, 248  
Soy milk, 1 cup, 345

## FRUIT

portions = 1/2 cup raw, unless otherwise stated



Applesauce, cnd., sweetened, 78; unsweetened, 92  
Apricot, halves, 1 medium 104  
Blueberries, 65  
Cherries, sour, cnd., heavy syrup, 119  
Cranberries, 34  
Cranberry sauce, cnd., jelled, 1/2" thick, 15  
Dates, dried, 1 date, 54  
Fig, raw, 1 medium, 116  
Grapes, American, 88  
Grapes, Tokay, Emperor, seeded, ten, 105  
Lemon, 1 medium, 80  
Lime, 1 medium, 68  
Peaches, cnd., heavy syrup, 121  
Pears, ckd., heavy syrup, 87  
Pears, juice pack, 119  
Pineapple, pieces, 88  
Plums, 1 medium, 114  
Prunes, dried, 1 prune, 63  
Raspberries, 94  
Rhubarb, ckd., with sugar, 115  
Watermelon, pieces, 88

Apples, w/o skin, 1 medium, 145  
Apricots, cnd., heavy syrup, whole, 173; juice pack, 201  
Apricots, cnd., heavy syrup, 173  
Blackberries, 141  
Cherries, sweet, 131  
Elderberries, 203  
Grapefruit, white, 1/2 medium, 175  
Honeydew melon, pieces, 240  
Orange, 1 medium, 237  
Peach, 1 medium, 193  
Peaches, cnd., juice pack, 160  
Pear, 1 medium, 208  
Pineapple, cnd. pieces, heavy syrup, 132  
Prickly pear, 1 medium, 227  
Prunes, cnd., heavy syrup, 5 prunes, 194  
Raspberries, frozen, sweetened, 142  
Strawberries, whole, 120  
Strawberries, frozen, sweetened, 125  
Tangerine, 1 medium, 132

Apricots, dried, sulfured, 756  
Avocado, 1/2 medium, California, 549; Florida, 742  
Banana, medium, 467  
Cantaloupe, pieces, 274  
Kiwifruit, 1 medium, 252  
Mango, 1 medium, 323  
Nectarine, 1 medium, 288  
Papaya, 1/2 medium, 391  
Peaches, dried, sulfured, 797  
Plantain, sliced, ckd., 358  
Pomegranate, 1 medium, 399  
Raisins, seedless, 1.5 oz. box (snack size), 323  
Sapodilla, 1 medium, 328

## VEGETABLES & STARCHES

portions = 1/2 cup unless otherwise stated



Alfalfa seeds, sprouted, raw, 13  
Bagel, plain, 4" diameter, 106  
Beans, green, ckd., from frozen, 85  
Bread, pumpernickel, 1 slice, 54<sup>†</sup>  
Bread, one slice, white, 30  
Cabbage, common, shredded, boiled, 73  
Carrots, baby raw, 1 medium, 28  
Cauliflower, boiled from raw, 88  
Celery, raw, 1 medium stalk, 115  
Corn, ckd., from frozen, 121  
Eggplant, boiled, 123  
Leeks, 1 boiled, 108  
Lettuce, iceberg, 1 cup, 87\*  
Lettuce, romaine, 81  
Mustard greens, ckd., from frozen, 105\*  
Onions, raw, diced, 126  
Parsley, raw, 10 sprigs, 55  
Peppers, sweet, boiled, 112  
Popcorn, buttered, popped, 1 cup, 10  
Radicchio, raw, shredded, 60  
Rice, enr., ckd., 1 cup, 17  
Spaghetti, enr., ckd., 38  
Spinach, raw, chopped, 83\*  
Turnips, white, cubes, ckd., from raw, 106  
Water chestnuts, cnd., sliced, 83

Asparagus, ckd., from frozen, 196  
Asparagus, boiled, 6 spears, 144  
Beans, green, boiled, 187  
Broccoli, boiled, from frozen, 165  
Broccoli, boiled, from raw, 143\*  
Brussel sprouts, boiled from raw, 247  
Carrots, sliced, boiled, 177  
Cauliflower, raw, pieces, 152\*  
Chickpeas, boiled, 238  
Collards, chopped, frozen, boiled, 214  
Collards, leaves, ckd., from raw, 247\*  
Corn, yellow, boiled, 204  
Leeks, 1 raw, 160  
Lettuce, butterhead, raw, chopped, 1 cup, 141  
Mustard Greens, chopped, boiled, 141\*  
Oatmeal, regular, ckd., 131<sup>†</sup>  
Okra, sliced, ckd. from frozen, 215  
Onions, chopped, boiled, 175  
Peas, green, raw, 177  
Peas, green, frozen, boiled, 134  
Peppers, hot chili, 1 raw, 153  
Peppers, sweet, 1 raw, 211  
Radishes, red, raw, sliced, 135  
Scallions, chopped, raw, 138  
Squash, summer, all types, sliced, boiled, 173  
Tortillas, corn, 4 medium, 148<sup>†</sup>  
Turnip greens, chopped, raw, boiled, 146\*  
Turnips, frozen, boiled, 142

Artichoke, 1 medium, boiled, 425  
Beans, black, mature, boiled, 306<sup>†</sup>  
Beans, lima, mature, large, boiled, 478<sup>†</sup>  
Beans, kidney, all types boiled, 357<sup>†</sup>  
Beans, pinto, mature, boiled, 400<sup>†</sup>  
Beet greens, boiled, 1309\*  
Beets, sliced, boiled, 259  
Black-eyed peas, boiled from frozen, 319<sup>†</sup>  
Cabbage, Chinese bok-choy, shredded, boiled, 316  
Cucumbers, raw, w/o peel, 1 medium, 297  
Mushrooms, common white, boiled, 278  
Okra, boiled, 8 pods, 274  
Parsnips, boiled, 1 parsnip, 9", 587  
Peanuts, oil roasted, 491<sup>†</sup>  
Peas, split, mature, boiled, 355<sup>†</sup>  
Potato, baked, w/o skin, 2 1/3" x 4 3/4", 610  
Potato, baked, 2 1/4" diam., 926  
Potatoes, boiled, w/o skin, 1/2 medium, 274  
Soybeans, mature, boiled, 443<sup>†</sup>  
Spinach, boiled from frozen, 283  
Spinach, boiled from raw, 420\*  
Squash, winter, cubed, baked, 448  
Sweet potato, 1 medium, baked w/skin, 397  
Sweet potatoes, peeled, boiled, w/o skin, mashed, 302  
Swiss chard, chopped, boiled, 481\*  
Tomato, raw, 1 medium, red, 273

<sup>†</sup>Foods high in phosphorus.

\* Foods high in vitamin K, a concern for those on anti-coagulant therapy.

**TIP:** To reduce potassium content in 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.

The U.S. Department of Agriculture's National Nutrient Database for Standard Reference (<http://www.ars.usda.gov/ba/bhnrc/nldr>), along with various other sources, was used in creating this guide. This guide is intended to assist you in following the advice of your physician and/or dietician. It is not intended to substitute for medical advice or instruction.

**Phoslo**  
Gel Caps  
(Calcium Acetate)  
007 mg