

Moderate Potassium Foods

Fruits

Food	Serving Size	Potassium (mg)
Apples, raw/cooked	1 each	150
Applesauce	½ cup	90
Apple Juice	½ cup	150
Blackberries, raw or canned	½ cup	115
Blueberries, raw or canned	½ cup	60
Canned Fruit Cocktail	½ cup	97
Cherries, raw or canned	10 each	150
Cranberry Juice Cocktail	½ cup	20
Grapes, raw	½ cup	155
Grape Juice	½ cup	170
Lemons and limes, raw	1 each	80
Mandarin Oranges, canned	½ cup	99
Peaches, canned	½ cup	120
Peach nectar	½ cup	50
Peaches, raw	1 each	185
Pears, canned	½ cup	120
Pear nectar	½ cup	35
Pear, raw/cooked	1 each	193
Pineapple Juice	½ cup	165
Plums, raw	1 each	105
Raspberries, raw	½ cup	90
Strawberries, raw or canned	½ cup	125
Tangerines, raw	1 each	140
Watermelon, raw	½ cup	85

Vegetables

serving size is ½ cup cooked or 1 cup raw

Food	Serving Size	Potassium (mg)
Asparagus, small spears, cooked	½ cup or 6 spears	155
Cabbage, cooked	½ cup	150
Carrots, cooked or raw	½ cup	180
Cauliflower, raw	½ cup	150
Celery, raw	½ cup	155
Corn, cooked	½ cup or 1 ear	195
Cucumbers, cooked or raw	½ cup	80
Eggplant, cooked	½ cup	60
Green Beans, cooked	½ cup	90
Lettuce, all types, raw	1 cup	100
Okra, cooked	½ cup	110
Onions, raw	½ cup	120
Peas, green, frozen	½ cup	90
Peppers, green/red	½ cup	130-160
Radishes, raw	½ cup	135
Turnips, cooked	½ cup	140

High Potassium Foods

Fruits

Food	Serving Size	Potassium (mg)
Bananas, raw	1 medium	425
Cantaloupe, raw	½ cup	215
Figs, dried	2 each	260
Kiwi, raw	1 medium	240
Mango, raw	1 each	325
Nectarine, raw	1 each	275
Oranges, raw	1 each	240
Orange Juice	½ cup	235
Pomegranate, raw	1 whole	400
Raisins	¼ cup	270

Vegetables

Food	Serving Size	Potassium (mg)
Artichoke, cooked	1 medium	345
Avocado, raw	¼ each	245
Bok Choy, cooked	½ cup	316
Broccoli, cooked	½ cup	230
Greens, Beet, cooked	½ cup	655
Pumpkin, canned	½ cup	250
Spinach, cooked	½ cup	420
Sweet Potatoes, baked with skin	1 medium	450
Tomatoes, raw	1 medium	290
Tomato Juice	½ cup	275
White Potatoes, baked with skin	1 medium	925
White Potatoes, boiled	½ cup	255
White Potatoes, mashed	½ cup	330
Winter Squash, cooked	½ cup	250
Zucchini, cooked	1/2 cup	220

Other

Food	Serving Size	Potassium (mg)
Chocolate	1 ½ ounce bar	165
Coconut Milk	1 cup	497
Coconut Water, ready-to-drink	1 cup	404
French Fries, fast food	3 oz/ small	470
Milk, chocolate	1 cup	420
Milk, fat free, low fat, whole	1 cup	350-380
Nuts: almonds, peanuts, hazelnuts, Brazil, cashew, mixed	1 oz	200
Nuts: pistachios	1 oz	295
Potato Chips	1 oz	465
Raisin Bran, dry	1 cup	385
Salt Substitute (i.e. MORTON® Salt Substitute)	¼ teaspoon	610
Seeds, sunflower or pumpkin	1 oz	240
Soy Milk	1 cup	300