

Vegetables and Fruit

Choose 7-10 servings of vegetables and fruits per day.

| VEGETABLES: High Potassium (>200mg per serving) | Serving Size | Potassium (mg) |
|---|---------------------|-----------------------|
| Beets, boiled | 125 mL (½ cup) | 274 |
| Broccoli, cooked | 125 mL (½ cup) | 241 |
| Brussels sprouts, boiled | 4 | 266 |
| Chard, boiled | 125 mL (½ cup) | 508 |
| Kohlrabi, raw | 125 mL (½ cup) | 250 |
| Parsnips, boiled | 125 mL (½ cup) | 302 |
| Peas, green, boiled | 125 mL (½ cup) | 229 |
| Potato, baked, with skin | 125 mL (½ cup) | 359 |
| Potato, baked, no skin | 125 mL (½ cup) | 252 |
| Potato, boiled | 125 mL (½ cup) | 270 |
| Potato, mashed with 2% milk | 125 mL (½ cup) | 398 |
| Pumpkin, boiled | 125 mL (½ cup) | 298 |
| Snow peas, boiled | 125 mL (½ cup) | 203 |
| Spinach, frozen, unprepared | 125 mL (½ cup) | 285 |
| Spinach, frozen, boiled | 125 mL (½ cup) | 443 |
| Squash, winter, all varieties, boiled | 125 mL (½ cup) | 261 |
| Sweet potato, baked in skin & removed | 125 mL (½ cup) | 502 |
| Tomato, raw, diced | 125 mL (½ cup) | 226 |
| Tomato juice | 125 mL (½ cup) | 294 |
| Tomato paste, canned | 60 mL (¼ cup) | 658 |
| Tomato puree, canned | 60 mL (¼ cup) | 278 |
| Tomato sauce | 125 mL (½ cup) | 428 |
| Vegetable juice cocktail, canned | 125 mL (½ cup) | 247 |

| FRUITS: High Potassium (>200 mg per serving) | Serving Size | Potassium (mg) |
|--|---------------------|-----------------------|
| Apricots, dried | 3 whole | 244 |
| Apricots, raw | 3 fruits | 272 |
| Avocado | ¼ whole | 244 |
| Banana | 1 banana | 422 |
| Cantaloupe | 125 mL (½ cup) | 226 |
| Figs, raw | 2 fruit | 232 |
| Grapefruit juice | 125 mL (½ cup) | 211 |
| Guava | 125 mL (½ cup) | 364 |
| Honeydew melon | 125 mL (½ cup) | 205 |
| Kiwifruit | 1 large | 284 |
| Nectarine | 1 fruit | 273 |
| Orange juice, from concentrate | 125 mL (½ cup) | 234 |
| Orange | 1 medium | 237 |
| Prune juice | 125 mL (½ cup) | 373 |
| Raisins | 60 mL (¼ cup) | 275 |