

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