

CHART OF FOODS RICH IN POTASSIUM

Fruits			Vegetables			Other Foods		
Food Item	Size	K content	Food Item	Size	K Content	Food Item	Size	K Content
Apple (with skin)	1	148 mg	Artichoke (cooked)	1 cup	595 mg	Molasses	1 teaspoon	498 mg
Apple juice (without sugar)	1/2 cup	125 mg	Beet (cooked)	1/2 cup	655 mg	Brazil nuts	2 ounces	340 mg
Banana	1	422 mg	Broccoli	1/2 cup	143 mg	Egg	1	55 mg
Avocado	1 ounce	100 mg	Fresh Brussels sprouts	1/2 cup	47 mg	Salmon (canned)	4 oz.	409 mg
Dates	5	227 mg	Carrots	1/2 cup	177 mg	Cooked tuna	3 ounces	484 mg
Raisins	1/4 cup	273 mg	Cauliflower	1/2 cup	151 mg	Almonds	2 ounces	412 mg
Strawberries	1 cup	254 mg	Cabbage	1/2 cup	147 mg	Yogurt	6 ounces	398 mg
Cantaloupe	1 cup	427 mg	Lettuce	1 cup	87 mg	Ricotta Cheese	1/2 cup	154 mg
Papaya	1 medium	360 mg	Baked potato (with skin)	1	422 mg	Milk	1 cup	377 mg
Peach	1 medium	186 mg	Steamed spinach	1/2 cup	415 mg	Cottage Cheese	1 cup	217 mg
Pear	1 medium	200 mg	Kidney beans	1/2 cup	355 mg	-	-	-
Watermelon	1 cup	170 mg	Tomato juice	1 cup	535 mg	-	-	-
-	-	-	Sweet potato (with skin)	1	508 mg	-	-	-