

Foods High in Potassium

Food	Serving Size	Amount of Potassium in Milligrams (mg)
Fruit		
Avocado	1 cup, sliced	708
Plantain	1 cup, sliced	739
Banana	1 medium	422
Orange	1	237
Orange juice	1 cup (8 ounces)	496
Cantaloupe	1 cup	427
Dates	¼ cup	250
Grapefruit, white	1 half	175
Grapefruit, pink or red	1 half	166
Honeydew melon	1 cup	388
Kiwi	1 medium	237
Mango	1	323
Papaya	1 cup	360
Peach	1 cup	323
Prunes	¼ cup	319
Raisins, seedless	¼ cup	250
Other Foods		
Cream of tartar	1 teaspoon	495
Haddock, cod, flatfish, pollack, orange roughy, canned light tuna	3 ounces	200-300
Milk, 2%, 1% and fat free skim	1 cup (8 ounces)	344-382
Milk, soy	1 cup (8 ounces)	287
Oat bran, raw	½ cup	266
Salmon	½ fillet	719
Yogurt, plain	1 cup	531

Food	Serving Size	Amount of Potassium in Milligrams (mg)
Vegetables		
Beets	1 cup	442
Black beans, boiled	½ cup	400
Carrot juice	½ cup (4 ounces)	345
Chinese cabbage, pak-choi, boiled	½ cup	315
Collards, boiled, chopped	1 cup	222
Edamame, cooked	½ cup	338
Lentils, boiled	½ cup	366
Mashed potatoes, hash browns, potato salad, potatoes au gratin	½ cup	300
Lima beans, boiled	½ cup	365
Mushrooms, cooked	½ cup	280
Pinto beans, boiled	½ cup	98
Potato, baked with skin	7 ounces	1,000
Potato, baked without skin	7 ounces	600
Split peas, cooked	½ cup	362
Spinach, boiled	½ cup	420
Sweet potato	1, 5 inches long	438
Tomato, red	1 medium	292
Tomatoes, canned	1 can	357
Tomato paste	1 can (6 ounces)	1,724
Tomato juice	1 cup (8 ounces)	556
White beans, cooked	½ cup	502