

Potassium Rich Foods Chart

High Potassium Fruits

Apricots

Banana

Cantaloupe

Figs

Grapefruit Juice

Honeydew Melon

Oranges and Orange Juice

Peaches

Prunes and Prune Juice

Raisins

Watermelon

Protein & Dairy

Dried Beans

Fish

Meats

Peanut Butter

Poultry

Miscellaneous

Molasses

High Potassium Vegetables

Artichoke

Avocado

Bamboo Shoots

Lima Beans

Carrots

Brussel Sprouts

Mushrooms

Parsnips

Spinach

Potato

Sweet Potato

Tomatoes and Tomato Juice

Winter Squash

High Potassium Grains

Boston Brown Bread

Bran Cereals

Pumpnickel Bread