

**LOW POTASSIUM**

all values are in milligrams (mg)

**HIGHER POTASSIUM**

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**HIGHEST POTASSIUM**

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<b>Beverages</b>	Apple juice, 1/2 cup	148	Grape juice, cnd. or bottled, 1/2 cup	167	Milk, whole, 1 cup	371
	Coffee, 8 oz, brewed	128	Grapefruit juice, cnd, unsweetened, 1/2 cup	189	Milk, skim, 1 cup	407
	Cranberry juice, cocktail, 1/2 cup	23	Pineapple juice, cnd., unsweetened, 1/2 cup	168	Milk, 1% low fat, 1 cup	381
	Ginger ale, 12 oz	4			Orange juice, fresh, 1/2 cup	248
	Tea, brewed, black, 8 oz	88			Soy milk, 1 cup	345
<b>Fruit</b> 1/2 cup raw, unless otherwise stated	Applesauce, cnd., sweetened	78	Apples, w/o skin, 1 medium	145	Apricots, dried, sulfured	756
	Applesauce, cnd., unsweetened	92	Apricots, cnd., heavy syrup, whole	173	Avocado, 1/2 medium, California	549
	apricot, halves, 1 medium	104	Apricots, cnd., juice pack	201	Avocado, 1/2 medium, Florida	742
	Blueberries	65	Blackberries	141	Banana, medium	467
	Cherries, sour, cnd., heavy syrup	119	Cherries, sweet	131	Cantaloupe, pieces	274
	Cranberry sauce, cnd., jelled, 1/2" thick	15	Elderberries	203	Kiwi fruit, 1 medium	252
	Dates, dried, 1 date	54	Grapefruit, white, 1/2 medium	175	Mango, 1 medium	323
	fig, raw, 1 medium	116	Honeydew melon, pieces	240	Nectarine, 1 medium	288
	Grapes, American	88	Orange, 1 medium	237	Papaya, 1/2 medium	391
	Grapes, tokay, Emperor, seeded, ten	105	Peach, 1 medium	193	Peaches, dried, sulfured	797
	Lemon, 1 medium	80	Peaches, cnd., juice pack	160	Plantain, sliced, ckd.	358
	Lime, 1 medium	68	Pear, 1 medium	208	Pomegranate, 1 medium	399
	Peaches, cnd., heavy syrup	121	Pineapple, cnd., pieces, heavy syrup	132	Raisins, seedless, 1.5 oz	323
	Pears, ckd., heavy syrup	87	Prickly pear, 1 medium	227	Sapodilla, 1 medium	328
	Pears, juice pack	119	Prunes, cnd., heavy syrup, 5 prunes	194		
	Pineapple, pieces	88	Raspberries, frozen, sweetened	142		
	Plums, 1 medium	114	Strawberries, whole	120		
	Prunes, dried, 1 prune	63	Strawberries, frozen, sweetened	125		
	Raspberries	94	Tangerine, 1 medium	132		
	Rhubarb, ckd., with sugar	115				
Watermelon, pieces	88					
<b>Vegetables &amp; Starches</b> 1/2 cup or as stated	Alfalfa seeds, sprouted, raw	13	Asparagus, ckd., from frozen	196	Artichoke, 1 medium, boiled	425
	Bagel, plain, 4" diameter	106	Asparagus, boiled, 6 spears	144	Beans, black, mature, boiled	306
	Beans, green, ckd., from frozen	85	Beans, green, boiled	187	Beans, lima, mature, large, boiled	478
	Bread, pumpnickel, 1 slice	54	Broccoli, boiled, from frozen	165	Beans, kidney, all types boiled	357
	Bread, one slice, white	30	Broccoli, boiled, from raw	143	Beans, pinto, mature, boiled	400
	Cabbage, common, shredded, boiled	73	Brussel sprouts, boiled from raw	247	Beet greens, boiled	1309
	Carrots, baby raw, 1 medium	28	Carrots, sliced, boiled	177	Beets, sliced, boiled	259
	Celery, raw, 1 medium stalk	115	Cauliflower, raw, pieces	152	Black-eyed peas, boiled from frozen	319
	Corn, ckd, from frozen	121	Chickpeas, boiled	238	Cabbage, Chinese bok-choy, shredded, boiled	316
	Eggplant, boiled	123	Collards, chopped, frozen, boiled	214	Cucumber, raw, w/o peel, 1 medium	297
	Leeks, 1 boiled	108	Collards, leaves, ckd., from raw	247	Mushrooms, common white, boiled	278
	Lettuce, iceberg, 1 cup	87	Corn, yellow, boiled	204	Okra, boiled, 8 pods	274
	Lettuce, romaine	81	Leeks, 1 raw	160	Parsnips, boiled, 1 parsnip, 9"	587
	Mustard greens, ckd., from frozen	105	Lettuce, butterhead, raw, chopped, 1 cup	141	Peanuts, oil roasted	491
	Onions, raw, diced	126	Mustard greens, chopped, boiled	141	Peas, split, mature, boiled	355
	Parsley, raw, 10 sprigs	55	Oatmeal, regular, ckd.,	131	Potato, baked, w/o skin, 2 1/3"x 4 3/4"	610
	Peppers, sweet, boiled	112	Okra, sliced, ckd. From frozen	215	Potato, baked, 2 1/4" diam.	926
	Popcorn, buttered, popped, 1 cup	10	Onions, chopped, boiled	175	Potato, boiled, w/o skin, 1/2 medium	274
	radicchio, raw, shredded	60	Peas, green, raw	177	Soybeans, mature, boiled	443
	Rice, enr., ckd., 1 cup	17	Peas, green, frozen, boiled	134	Spinach, boiled from frozen	283
	Spaghetti, enr., ckd.	38	Pepper, hot chili, 1 raw	153	Spinach, boiled from raw	420
	Spinach, raw, chopped	83	Peppers, sweet, 1 raw	211	Squash, winter, cubed, baked	448
	Turnips, white, cubes, ckd., from raw	106	Radishes, red, raw, sliced	135	Sweet potato, 1 medium, baked w/skin	397
	Water chestnuts, cnd., sliced	83	Scallions, chopped, raw	138	Sweet potatoes, peeled, boiled, w/o skin	302
			Squash, summer, all types, sliced, boiled	173	mashed	481
			tortillas, corn, 4 medium	148	Swiss chard, chopped, boiled	481
			Turnip greens, chopped, raw, boiled	146	Tomato, raw, 1 medium, red	273
			Turnips, frozen, boiled	142		