




Potassium Values of Food

Potassium is a mineral found in many foods. One of its main jobs is to send messages to your muscles so they will work properly.

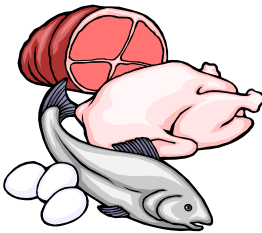
When potassium in the blood is too high, it can cause muscle weakness, breathing problems, and it can change the heart beat enough to cause serious damage or even death.

If potassium is too low, it can cause muscle weakness, irregular heartbeat, low blood pressure and confusion.

When kidneys work well they control potassium you eat. Depending on your blood level of potassium you may be able to eat 2000-4000 mgs of potassium daily. Whether you need a low potassium diet or a high potassium diet, the following list should help you make the best choices.

Milk, Cheese & Dairy		
Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Cheese, 1oz American 69mg Cheddar 28mg Cream 17mg Mozzarella 27mg Swiss 31mg Cottage cheese, ½ cup 97mg Cream, heavy, 1 Tbsp 11mg Cream, sour, 1 Tbsp 17mg 	Frozen yogurt 152mg Ice cream: Vanilla, ½ cup 131mg Chocolate, ½ cup 164mg Milk: Buttermilk, ½ cup 185mg 1% low fat, ½ cup 190mg Whole, ½ cup 185mg Soy milk, ½ cup 173mg Pudding, instant: Vanilla, ½ cup 190mg Pudding cup, 4oz: Vanilla 128mg	Milk: Condensed, ½ cup 567mg Evaporated, ½ cup 425mg Chocolate, ½ cup 210mg Skim, ½ cup 204mg Pudding, instant: Chocolate, ½ cup 215mg Pudding cup, 4oz: Chocolate 201mg Yogurt, plain, low fat: 8oz container 531mg

Meats, Dry Beans & Nuts*

Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Egg, whole, fresh 70mg 	Beef: Ground, lean 135mg Roast 150mg Nuts: Cashews, 1oz 160mg Coconut, sweet, ½ cup 157mg Pecans, 1 oz 116mg Walnuts, 1oz 125mg Oysters, raw, 6 med 131mg Peanut butter, 1 Tbsp 115mg Shrimp 155mg Tuna, canned 200mg	Beans, dry, cooked: Baked 380mg Black-eye 320mg Kidney 350mg Lentils 365mg Lima 265mg Navy 385mg Pinto 400mg Soybeans 485mg Chicken breast, no skin 220mg Clams, raw 267mg Crab, Alaskan 223mg Egg substitute, ¼ cup 207mg Fish: Catfish, breaded 289mg Cod 440mg Haddock 339mg Pollock 329mg Salmon, fresh 319mg Tuna, fresh 484mg Ham 300mg Lamb 265mg Lobster 300mg Nuts: Almonds, 1oz 201mg Pistachio, 1 oz 295mg Pork loin/chop 370mg Scallops, 6 large 300mg Seeds: Pumpkin, 1 oz 229mg Sunflower kernels 241mg Turkey, light/dark 250mg Veal, roasted 251mg

*All meat servings are 3oz unless otherwise specified

Vegetables*

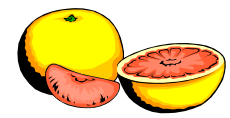
Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Beans, green/yellow 85mg	Asparagus, canned/frz 200mg	Artichoke, 1 med 425mg
Cabbage, green, raw 86mg	Beets, canned 126mg	Avocado, pureed 558mg
Cucumber, with peel 75mg	Broccoli, raw 143mg	Beet greens 650mg
Lettuce 43mg	Carrots, canned 131mg	Broccoli, cooked 228mg
Spinach, raw 84mg	Carrots, raw 178mg	Brussels sprouts, cooked: 250mg
	Cauliflower, cooked 115mg	Cabbage:
	Celery, raw 172mg	Chinese, cooked 315mg
	Corn, creamed 171mg	Collards, cooked 246mg
	Corn, frozen, kernel 121mg	Kohlrabi, cooked 280mg
	Eggplant, cooked 123mg	Okra, cooked 258mg
	Mushrooms, raw 130mg	Parsnips 286mg
	Mustard greens, cooked 141mg	Potato:
	Onion, raw 126mg	Au gratin 485mg
	Peas, canned 148mg	Baked, 1 med 610mg
	Peppers, green 132mg	Boiled, 1 med 515mg
	Radishes, raw 135mg	French fried 550mg
	Squash, summer, cooked 173mg	Hash browned 251mg
	Tomato, fresh, raw 200mg	Mashed 315mg
	Turnips, cooked 106mg	Scalloped 463mg
	Turnip greens, cooked 146mg	Yams, canned 398mg
		Pumpkin, canned 253mg
		Rutabagas, cooked 277mg
		Sauerkraut, canned 201mg
		Spinach, canned 370mg
		Squash, winter, cooked: 448mg
		Tomatoes:
		Canned, whole 265mg
		Juice 267mg
		Paste 1228mg
		Sauce 454mg
		Vegetable juice cocktail: 234mg



*All vegetable servings are ½ cup unless otherwise specified



Fruit*

Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Applesauce 78mg Blueberries, raw 65mg Grapes, 10 each 93mg Lemon, 1 med 80mg Pineapple, raw 88mg Raspberries, raw 94mg	Apple, raw 159mg Apricots, canned 200mg Apricot, one raw 104mg Blackberries, raw 141mg Cherries, 10 sweet 152mg Grapefruit, ½ fruit 159mg Mango 128mg Papaya 180mg Peaches, canned/raw 160mg Pears, canned 119mg Pineapple, canned 152mg Plums, canned 194mg Plum, 1 med 114mg Rhubarb, cooked, sweetened: 115mg Strawberries, raw 138mg Tangerine/mandarin oranges: 1 small, raw fruit 132mg Watermelon, raw 176mg	Banana, 1 med 467mg Dates 581mg Figs, dry, 2 each 271mg Fruit cocktail 210mg Guava, raw 235mg Kiwi, 1 med 252mg Melon, Cantaloupe 247mg Melon, Honeydew 230mg Orange, 1 med 237mg Nectarines, 1 med 288mg Passion fruit, purple 410mg Pear, 1 med 208mg Persimmon, Japanese: 270mg Plantain, cooked 360mg Pomegranate, 1 med 399mg Prunes, dried 415mg Raisins 545mg
Fruit juice: Cranberry 23mg Grape 26mg Peach nectar 50mg Pear nectar 16mg Tang 24mg Fruit punch drink 31mg	Fruit juice: Apple 148mg Apricot nectar 143mg Pineapple 168mg	Fruit juice: Grapefruit 203mg Orange 237mg Prune 354mg Passion fruit juice: Purple/yellow 344mg



*All fruit & juice servings are ½ cup unless otherwise specified

Breads, Grains & Cereals

Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Bagel, 3 ½" plain 72mg Cornbread, 2" square 96mg Bread, sliced, white/wheat: 50mg Cereal, 1 cup: Cheerios® 96mg Corn Flakes® 22mg Rice Krispies® 35mg Prepared hot cereals, 1 cup: Cream of wheat® 48mg Grits 51mg Malt-o-meal® 31mg Crackers, 4 squares 15mg Croissant, small 67mg Muffins, small: Banana 65mg Blueberry 70mg Wheat bran 60mg Pasta, ½ cup, cooked 45mg Rice, white, ½ cup, cooked: 33mg Roll, dinner, small 40mg Tortilla, corn or flour 41mg Waffles: Frozen 42mg	Biscuit, 1- 4" plain 122mg Cereal, 1 cup: Frosted Mini Wheats® 190mg Pancake, buttermilk, 2 small: 110mg Prepared hot cereals, 1 cup: Oatmeal 131mg Waffles: Homemade 120mg	Cereal, 1 cup: Complete Bran Flakes® 228mg Raisin bran® 372mg All bran® 678mg Granola, w/raisins 420mg Muffin, oat bran, small: 289mg Pancakes, wheat, 2 small: 250mg
		

Other

Low Potassium Less than 100mg/serving	Medium Potassium 100-200mg/serving	High Potassium More than 200mg/serving
Beer, 12 oz 89mg	Cake:	Cheeseburger, plain 285mg
White wine, 3.5 oz 82mg	Chocolate, 2 x 2" 126mg	Chili, w/beans, 1cup 691mg
Cake:	Chocolate bar (1.5 oz) 169mg	Cocoa mix, made w/water:
Angel food, 1" slice 26mg	Coffee, 1 cup 128mg	1 cup 202mg
White, 2 x 2" 70mg	Ketchup, 2 Tbsp 144mg	Cocoa mix, sugar-free, made
Carbonated beverages:	Pie:	w/water: 1 cup 405mg
Cola, 12 fl oz 4mg	Apple, 1/8 pie 122mg	Eggnog, 1/2 cup 210mg
Lemon/lime, 12 fl oz 4mg	Cherry, 1/8 pie 139mg	Pie, pumpkin, 1/8 pie 288mg
Orange, 12 fl oz 7mg	Pecan, 1/8 pie 162mg	Potato chips, 1 oz bag:
Cookies, 1 each:	Red wine, 3.5 oz 115mg	BBQ 357mg
Chocolate chip 36mg	Soup, made w/water, 1 cup:	Plain 361mg
Fig bar 33mg	Beef noodle 100mg	Low fat 491mg
Grahams, 2 squares 19mg	Chicken noodle 108mg	Salt substitute, 1/4 tsp 800mg
Oatmeal raisin 36mg	Cream of mushroom 100mg	Soup, made w/water, 1 cup:
Peanut butter 46mg	Split pea 190mg	Chicken vegetable 367mg
Sugar 11mg	Vegetable beef 173mg	Clam chowder 300mg
Vanilla wafer 4mg		Minestrone 313mg
Gelatin, 1/2 cup 1mg		Tomato 264mg
Popcorn, 1 cup 25mg		Taco, small 474mg
Pretzels, 10 each 88mg		Trail mix, 1/2 cup:
Sherbet, orange, 1/2 cup 71mg		Regular or Tropical 495mg
Soup, made w/water, 1 cup:		
Cream of chicken 88mg		
Tortilla chips, 1 oz bag:		
plain/nacho cheese 60mg		
Tea, 1 cup 88mg		



***Remember:**

It is important to know the serving size of the foods you eat. The serving size can determine if a food is low, medium or high in potassium. **A large serving of a low or medium potassium food can turn into a very high potassium food!**

Reference: USDA Nutrient Database for Standard Reference:
www.nal.usda.gov.