

NUTRITION KEYNOTES

Potassium Content of Foods



Goal: If you need to restrict potassium, choose low- to medium-potassium foods. To replace potassium lost from medications, vomiting, or diarrhea, choose high- or very-high-potassium foods.

Low-Potassium Foods

(less than 150 mg potassium per ½ cup)

Fruits: Apples, blueberries, cranberries, fruit cocktail, grapes, canned peaches, canned pears, pineapple.

Vegetables: Alfalfa sprouts, asparagus, bean sprouts, bell peppers, cabbage, cauliflower, chayote, raw celery, cucumbers, eggplant, green beans, green onions, jicama, kale, leeks, lettuce, tomatillos, raw mushrooms, radishes, turnips, water chestnuts.

Medium-Potassium Foods

(150 to 250 mg potassium per ½ cup)

Fruits: Blackberries, boysenberries, cherries, grapefruit, kumquats, lychees, mandarin oranges, mangos, oranges, peaches, pears, plums, raspberries, strawberries, tangerines, watermelon, banana (½ medium).

Vegetables: Broccoli, carrots, chili peppers, collards, corn, okra, onions, snow peas, raw spinach, squash (crookneck, scallop, zucchini), turnip greens.

High-Potassium Foods

(more than 250 mg potassium per ½ cup)

Fruits: Apricots, guavas, dried fruits, nectarines, papayas, plantains, prunes, pomegranates.

Vegetables: Bamboo shoots, beans, beets, bitter melons, bok choy, brussels sprouts, Chinese cabbage, cooked mushrooms, all potatoes, parsnips, pumpkins, nopales, yams, winter squash, tomatoes, vegetable juice.

Other foods: Dairy products, chocolate, carob, salt substitutes containing potassium, molasses, nuts, peanut butter, bran products, granola, nutritional supplements.

Very-High-Potassium Foods

(more than 400 mg potassium per ½ cup)

Fruits: Cantaloupe, casaba melon, honeydew melon.

Vegetables: Artichokes, avocados, beet greens, cooked spinach, Swiss chard.

For more information, please contact your registered dietitian or local Health Education Department.