

Potassium

The mineral potassium is an electrolyte that controls electrical activity of cells in your heart and nervous system. It helps your cells and muscles grow, and it plays a role in controlling blood pressure and keeping bodily fluids balanced.

How Much Potassium Do I Need?

Healthy adults need to get 4,700 milligrams (mg) of potassium a day from foods and possibly supplements.

Certain cancer treatments, some medications, or conditions like diarrhea may cause your body to lose more potassium than is usual. When potassium losses are increased, eating foods that are good sources of potassium can help keep the levels of potassium in your blood in a healthy range.

Tips for Taking Potassium Supplements

If your doctor prescribes potassium supplements, take them as directed. Typically, potassium supplements are taken with 4 to 8 ounces of water to limit any stomach irritation or laxative effect.

Potassium-Rich Food Choices

The following chart lists many foods that are good sources of potassium. Include them more often if you have been advised to eat more potassium-rich foods by your health care team.

Food Sources of Potassium

Food	Serving Size	Amount of Potassium
Milk and dairy foods		
Chocolate milk	1 cup	420 milligrams (mg)
Milk (fat-free, low-fat, whole, buttermilk)	1 cup	350–380 mg
Yogurt, plain or fruited	6 ounces	260–435 mg
Fruits		
Apricots	2 raw or 5 dry	200 mg
Avocado	1/2 whole	490 mg
Banana	1 medium	425 mg
Cantaloupe	1/8 small	184 mg
Dates	5	270 mg
Figs	2 whole	260 mg
Grapefruit juice	1/2 cup	200 mg
Kiwi	1 medium	240 mg
Orange	1 whole	240 mg
Orange juice	1/2 cup	235 mg
Pear	1 medium	200 mg
Prunes	5	305 mg
Prune juice	1/2 cup	370 mg

Continues

Food Sources of Potassium *(continued)*

Food	Serving Size	Amount of Potassium
Vegetables		
Beets, cooked	1/2 cup	260 mg
Broccoli, cooked	1/2 cup	230 mg
Brussels sprouts, cooked	1/2 cup	250 mg
Lima beans, cooked	1/2 cup	280 mg
Mushrooms, cooked	1/2 cup	280 mg
Potato, baked	1/2 medium	463 mg
Potato, mashed	1/2 cup	330 mg
Potato chips	1 ounce (about 14 chips)	465 mg
Pumpkin, cooked	1/2 cup	250 mg
Spinach, cooked	1/2 cup	370 mg
Sweet potato, cooked	1/2 cup	450 mg
Tomato, raw	1 medium	290 mg
Tomato juice	1/2 cup	275 mg
Nuts and seeds		
Nuts (almonds, peanuts, cashews, mixed)	1 ounce	200 mg
Peanut butter (chunky or smooth)	2 tablespoons	210–240 mg
Sunflower or pumpkin seeds	1 ounce	240 mg
Meat, poultry, and fish		
Beef, cooked	3 ounces	270–320 mg
Chicken or turkey, cooked	3 ounces	220–250 mg
Pork, cooked	3 ounces	350 mg
Halibut, tuna, or cod, cooked	3 ounces	480 mg
Salmon, haddock, or perch, cooked	3 ounces	300 mg
Tuna, canned	3 ounces	200 mg