

Foods that are high in potassium

(greater than 200 milligrams per portion)

The following is a list of foods which are high in potassium. A portion is ½ cup unless otherwise noted. **Please be sure to check portion sizes.** While all the foods on this list are high in potassium, some are higher than others.

Fruits

Apricot (Raw; 2 medium
Dried; 5 halves)
Avocado (¼ whole)
Banana (½ whole)
Cantaloupe
Dates (5 whole)
Dried fruits
Figs (dried)
Grapefruit juice
Honeydew
Kiwi (1 medium)
Mango (1 medium)
Nectarine (1 medium)
Orange (1 medium)
Orange juice
Papaya (½ whole)
Pomegranate (1 whole)
Pomegranate juice
Prunes
Prune juice
Raisins

Vegetables

Acorn Squash
Artichoke
Bamboo shoots
Beans (baked,black,re-fried)
Butternut squash
Beets (fresh then boiled)
Broccoli (cooked)
Brussels sprouts
Chinese cabbage
Carrots (raw)
Dried beans & peas
Greens (except kale)
Hubbard squash
Kohlrabi
Legumes
Lentils
Mushrooms (canned)
Parsnips
Potatoes (white, sweet)
Pumpkin
Rutabagas
Spinach (cooked)
Tomatoes
Tomato products
Vegetable juices

Other Foods

Bran/Bran products
Chocolate (1.5-2 ounces)
Granola
Milk (all types; 1 cup)
Molasses (1 tablespoon)
Nutritional Supplements (use
only under the direction of your
physician or dietitian)
Nuts (1 ounce)
Peanut butter (2 tablespoons)
Salt substitutes/Lite salt
Salt free broth
Seeds (1 ounce)
Snuff/Chewing tobacco
Yogurt