Foods Rich in Potassium

Food	Portion	Potassium (mg)	Food	Portion	Potassium (mg)
Apricots, dried	1/4 cup	378	Orange juice	1 cup	443
Apricots, raw	1 cup halves	401	Peaches, dried	1/4 cup	398
Avocado	½	487	Peas, split, cooked	½ cup	355
Banana	1 large	487	Potato, boiled	1 medium	515
Beef lean, round	3 oz.	202	Prunes,dried, uncooked	1/4 cup	318
Cantaloupe	1 cup cubes	427	Raisins	1/4 cup	309
Dates, medjool	5 whole	835	Salmon, pink, raw	3 oz.	275
Ham, cured	3 oz.	212	Sardines, canned	3 oz.	338
Lentils, dried	¼ cup	458	Tomato, raw	1 medium	292
Lima beans, frozen	1/2 cup	258	Tomato juice	6 fl. oz.	417
Orange	1 large	333	Turkey	3 oz.	349

Source: USDA National Nutrient Database

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