Potassium Content of Foods

Potassium is a mineral. The body needs potassium to control blood pressure and keep the muscles and nervous system healthy. Most foods contain potassium. Eating a variety of foods in the right amounts will help control the level of potassium in your body.

Kidney problems can cause there to be too much potassium in the body. If this happens, you may need to lower the amount of potassium in your diet. Some medicines such as diuretics may cause your body to lose too much potassium. If this happens, you may need to increase the amount of potassium in your diet.

COMMON SERVING SIZES

The list below tells you how big or small some common portion sizes are:

- 1 ounce (oz.) ..... 4 stacked dice.
- 3 oz..... Deck of cards.
- 1 teaspoon (tsp.) ..... Tip of little finger.
- 1 tablespoon (Tbsp.)..... Tip of thumb.
- 2 Tbsp..... Golf ball.
- ½ Cup..... Half of a fist.
- 1 Cup..... A fist.

FOODS HIGH IN POTASSIUM (more than 250 mg/6.4mEq per serving)

- Bran cereals and other bran products.
- Milk (skim, 1%, 2%, whole)
- Buttermilk
- Yogurt
- Avocados
- Bananas (1 small).
- Dried fruits
- Kiwis
- Oranges
- Prunes
- Raisins
- Baked Beans
- Spinach
- Tomatoes
- Peanut Butter
- Nuts
- Tofu

FOODS MODERATE IN POTASSIUM (between 150-250mg/3.8-6.4 mEq per serving)

- Cherries
- Mangoes
- Asparagus
- Peas
- Zucchini
- Celery
- Cantaloupes
- Peaches (fresh)
- Broccoli stalks
- Peppers
- Figs (2 whole)
- Pears (fresh)
- Kale
- Summer squashes

FOODS LOW IN POTASSIUM (less than 150mg/3.8 mEq per serving)

- Pasta
- Rice
- Cottage Cheese
- Cheddar Cheese
- Apples
- Grapes
- Pineapple
- Raspberries
- Strawberries
- Watermelon
- Green Beans
- Cabbage
- Cauliflower
- Corn
- Mushrooms
- Onions
- Eggs

Information from www.eatright.org, Foodwise Nutritional Analysis Database.

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