Foods Rich in Potassium

The body needs potassium to:

- Control blood pressure.
- Keep the muscles healthy.
- Keep the 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.

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

Other Foods High in Potassium(greater than 250 mg)

- Bran cereals and other bran products
- Milk (skim, 1%, 2%, whole)
- Buttermilk
- Yogurt
- Nuts
- Dried fruits
- Cherries
- Sweet potatoes
- Oranges
- Baked Beans
- Broccoli
- Spinach
- Peanut Butter
- Tofu

Foods Lower in Potassium (less than 250 mg)

- Pasta
- Rice
- Cottage Cheese
- Cheddar Cheese
- Apples
- Mango
- Grapes
- Broccoli
- Grapefruit
- Pineapple
- Raspberries
- Strawberries
- Watermelon
- Green Beans
- Cabbage
- Carrots
- Cauliflower.
- Celery.
- Corn.
- Mushrooms.
- Onions.
- Squash.
- Eggs.

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
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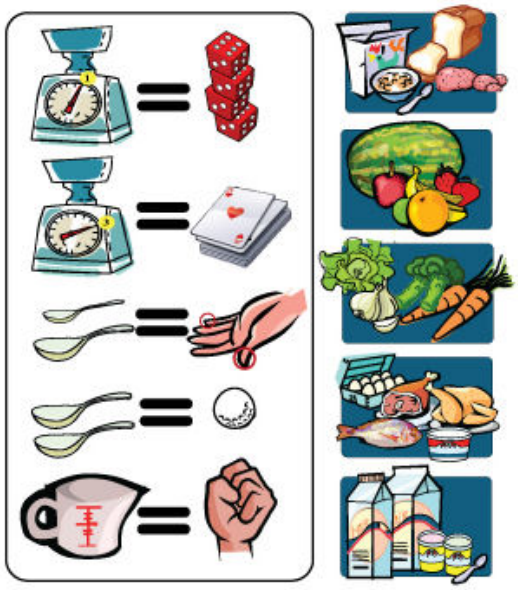
- ½ Cup..... Half of a fist
- 1 Cup..... A fist



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