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# Potassium in Foods

A Practical Guide

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## What foods are high in potassium (greater than 200 milligrams per portion)?

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated. Please be sure to check portion sizes. While all the foods on this list are high in potassium, some are higher than others.

Fruits	Vegetables	Other Foods
Apricot, raw and dried	Acorn Squash	Bran/Bran products
Avocado (¼ whole)	Artichoke	Chocolate (1.5-2 ounces)
Banana (½ whole)	Bamboo Shoots	Granola
Cantaloupe	Baked Beans	Milk, all types (1 cup)
Dates (5 whole)	Butternut Squash	Molasses (1 Tablespoon)
Dried fruits	Refried Beans	Nutritional Supplements: Use only under the direction of your doctor or dietitian.
Figs, dried	Beets, fresh then boiled	
Grapefruit Juice	Black Beans	
Honeydew	Broccoli, cooked	Nuts and Seeds (1 ounce)
Kiwi (1 medium)	Brussels Sprouts	Peanut Butter (2 tbs.)
Mango(1 medium)	Chinese Cabbage	Salt Substitutes/Lite Salt
Nectarine(1 medium)	Carrots, raw	Salt Free Broth
Orange(1 medium)	Dried Beans and Peas	Yogurt
Orange Juice	Greens, except Kale	Snuff/Chewing Tobacco
Papaya (½ whole)	Hubbard Squash	
Pomegranate (1 whole)	Kohlrabi	
Pomegranate Juice	Lentils	
Prunes	Legumes	
Prune Juice	White Mushrooms, cooked (½ cup)	
Raisins	Okra	
	Potatoes, white and sweet	

# What foods are low in potassium (greater than 200 milligrams per portion)?

The following table list foods which are low in potassium. A portion is ½ cup unless otherwise noted. Eating more than 1 portion can make a lower potassium food into a higher potassium food.

Low-Potassium Foods		
Fruits	Vegetables	Other Foods
Apple (1 medium)	Alfalfa sprouts	Rice
Apple Juice	Asparagus (6 spears raw)	Noodles
Applesauce	Beans, green or wax Broccoli (raw or cooked from frozen)	Pasta
Apricots, canned in juice	Cabbage, green and red Carrots, cooked	Bread and bread products (Not Whole Grains)
Blackberries	Cauliflower	Cake: angel, yellow
Blueberries	Celery (1 stalk)	Coffee: <b>limit to 8 ounces</b>
Cherries	Corn, fresh (½ ear) frozen (½ cup)	Pies without chocolate or high potassium fruit
Cranberries	Cucumber	Cookies without nuts or chocolate
Fruit Cocktail	Eggplant	Tea: <b>limit to 16 ounces</b>
Grapes	Kale	
Grape Juice	Lettuce	
Grapefruit (½ whole)	Mixed Vegetables	
Mandarin Oranges	White Mushrooms, raw (½ cup)	
Peaches, fresh (1 small) canned (½ cup)	Onions	
Pears, fresh (1 small) canned (½ cup)	Parsley	
Pineapple	Peas, green	
Pineapple Juice	Peppers	
Plums (1 whole)	Radish	
Raspberries	Rhubarb	
Strawberries	Water Chestnuts, canned	
Tangerine (1 whole)	Watercress	
Watermelon ( <b>limit to 1 cup</b> )	Yellow Squash	
	Zucchini Squash	