

LIST OF HIGH-POTASSIUM FOODS

<u>FOOD</u>	<u>AMOUNT</u>	<u>POTASSIUM (mEq)</u>	<u>CALORIES</u>
<u>Juices</u>			
Apricot Nectar	½ cup	4.7	70
Grapefruit	½ cup	5.1	40
Orange, frozen diluted	½ cup	6.0	55
Prune	½ cup	7.1	90
Tomato, regular	¾ cup	10.4	35
Tomato, low-sodium	¾ cup	10.4	35
<u>Fruits</u>			
Apricots, raw	2 medium	7.2	50
Apricots, canned/water	3 halves	6.3	38
Banana, small	6 inches	9.4	85
Cantaloupe, 5" diameter	¼ melon	6.4	30
Dates, pitted	4 medium	6.6	110
Orange	1 medium	7.7	70
Plums, raw	2 medium	7.7	66
Pumpkin, canned	½ cup	7.7	40
Raisins	½ cup	13.9	205
Strawberries, raw	1 cup	6.3	56
Watermelon, 6" diameter	1 slice 1" wide	10.2	100
<u>Vegetables</u>			
Asparagus, canned or fresh	6 spears	4.9	20
Bamboo Shoots	¾ cup	13.6	27
Beans, kidney, cooked	½ cup	8.4	110
Beans, lima, cooked	½ cup	8.2	84
Beets, 2" diameter each	2 beets	8.5	43
Beet greens, cooked	½ cup	14.2	25
Broccoli, cooked	2/3 cup	6.8	25
Brussels Sprouts, cooked	2/3 cup	7.0	35
Carrots, raw	1 large	8.7	40
Collards, cooked	½ cup	6.0	30
Parsnips, cooked	½ cup	9.7	65
Potatoes, baked	1, 2½" diam.	12.8	75
Potatoes, boiled	1 medium	10.4	75
Spinach, cooked	½ cup	9.2	25
Sweet Potato, baked	1 large	13.8	250
Tomato, raw	1 large	12.5	45
<u>Dairy</u>			
Buttermilk, skim	1 cup	8.7	88
Milk, skim	1 cup	9.1	88
Milk, whole	1 cup	9.0	160
Yogurt, plain	1 cup	8.2	150
<u>Meat, Fish, Poultry</u>			
Flounder, baked	3½ ounces	15.0	200
Halibut, broiled	3½ ounces	13.4	172
Hamburger, broiled	3½ ounces	9.4	225
Chicken, baked	3½ ounces	8.0	175
Turkey, roast	3½ ounces	10.8	200