

# POTASSIUM FINDER

**PROSOL**  
**Gal Caps**  
 (Calcium Acetate)  
587 mg

## LOW POTASSIUM

## HIGHER POTASSIUM

## HIGHEST POTASSIUM

### Beverages

in milligrams



#### To 150 mg.

Apple juice, 1/2 cup, 148  
 Coffee, 6 oz., brewed, 124  
 Cranberry juice, 1/2 cup, 31  
 Ginger ale, 12 ounces, 4  
 Tea, 6 ounces, brewed, 27

#### From 151 to 200 mg.

Grape juice, cnd. or bottle, 1/2 cup, 167  
 Grapefruit juice, cnd., unsw., 1/2 cup, 189  
 Pineapple juice, cnd., unsw., 1/2 cup, 168

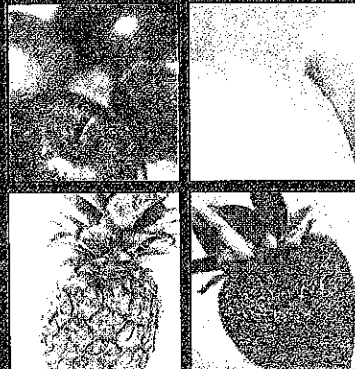
#### 201 or more mg.

Milk, whole, 1 cup, 370; skim, 412 †  
 Milk, 1% lowfat, 1 cup, 381-397 †  
 Orange juice, fresh, 1/2 cup, 248  
 Soy milk, 1 cup, 338

**TIP:** Instant powdered drinks and carbonated sodas usually contain potassium or sodium preservatives. Consult your physician or dietitian before consuming.

### Fruit

portions = 1/2 cup raw, unless otherwise stated



#### To 120 mg.

Apples, peeled, sliced, 62  
 Applesauce, cnd., sweetened, 78; unsw. 92  
 Apricot, 1 medium, 105  
 Blueberries, raw, 65  
 Cherries, sour, red, cnd., water pack, 120  
 Cranberries, raw, 39  
 Cranberry sauce, cnd., sweetened, 36  
 Fig, fresh, 1 medium, 116  
 Fruit cocktail, cnd., heavy syrup, 112; juice pack, 118  
 Grapes, Thompson seedless, ten, 93  
 Grapes, Tokay, Emperor seeded, ten, 105  
 Lemon, 1 medium, 80  
 Lime, 1 medium, 68  
 Peaches, cnd., heavy syrup, 118  
 Pears, ckd., heavy syrup, 83; juice pack, 119  
 Pineapple, raw, diced, 88  
 Plums, cnd., heavy syrup, 118  
 Plums, raw, 1 medium, 114  
 Raspberries, raw, 94  
 Rhubarb, ckd., with sugar, 115  
 Watermelon, diced, 93

#### From 121 to 250 mg.

Apricots, cnd., heavy syrup, 181; juice pack, 205  
 Blackberries, raw, 141  
 Cherries, sweet, ten, 152  
 Elderberries, raw, 203  
 Grapefruit, 1/2 medium, 167  
 Grapefruit, cnd., with syrup, 164  
 Orange, 1 medium, 237  
 Peach, 1 medium, 171  
 Peaches, cnd., juice pack, 159  
 Pear, Asian, 1 medium, 148  
 Pear, 1 medium, Bosc, 176; Bartlett, 208; D'Anjou, 250  
 Pineapple, cnd. pieces, heavy syrup, 133  
 Pineapple, cnd. pieces, juice pack, 153  
 Plums, cnd., juice pack, 194  
 Pricklypear, 1 medium, 226  
 Raspberries, frozen, sweetened, 143  
 Strawberries, raw, 124  
 Strawberries, frozen, sweetened, sliced, 125  
 Tangerine, 1 medium, 132

#### 251 or more mg.

Apricots, dried, uncooked, 896  
 Apricots, dried, ckd. unsw. + liquid, 611  
 Avocado, 1/2 medium, California, 549; Florida, 742  
 Banana, medium, 451  
 Cantaloupe, 1/4 medium, 413  
 Dates, chopped, 581  
 Figs, five dried, 666  
 Honeydew melon, 1/4 medium, 875  
 Kiwifruit, 1 medium, 252  
 Mango, 1 medium, 323  
 Nectarine, 1 medium, 288  
 Papaya, 1/2 medium, 390  
 Peaches, dried, ckd., unsw. + liquid, 413  
 Peaches, dried, uncooked, 797  
 Plantain, boiled, sliced, 358  
 Pomegranate, 1 medium, 399  
 Prunes, ckd., unsw. + liquid, 354  
 Prunes, 5 large, dried, uncooked, 365  
 Raisins, seedless, 545  
 Sapodilla, 1 medium, 328

# Vegetables & Starches

portions = 1/2 cup  
unless otherwise stated

## To 125 mg.

Alfalfa seeds, sprouted, raw, 13  
Arugula, raw, 37  
Bagel, plain, 50  
Bamboo shoots, cnd., 53  
Beans, green, ckd. from frozen, 76  
Bean sprouts, mung, raw, 78  
Bean sprouts, mung, ckd., 63  
Bread, one slice, white, 28  
Cabbage, raw, red, 72; common, 86 \*  
Carrots, ckd. from frozen, 116  
Cauliflower, ckd. from frozen, 125 \*  
Collards, leaves, ckd. from raw, 84\*  
Corn, ckd. from frozen, 114  
Cucumbers, sliced, 84  
Dandelion greens, ckd., 121 \*  
Eggplant, steamed, 119  
Endive, raw, 79 \*  
Jicama, raw, 98  
Leeks, ckd. from raw, 46; raw, 94  
Lettuce, iceberg, 1 cup, 87 \*  
Mustard greens, ckd. from frozen, 104 \*  
Oatmeal, regular, 3/4 cup, 99 †  
Onions, raw, diced, 124  
Pasta, plain, "al dente," 1 cup, 103  
Peppers, sweet, raw, 89; ckd., 113  
Popcorn, air popped, 1 cup, 20  
Psyllium husk fiber, 1 T., 3  
Radicchio, raw, shredded, 60  
Rice, ckd., white, 29; brown, 69  
Turnips, white, cubes, ckd. from raw, 106  
Water chestnuts, cnd., 83

## From 125 to 250 mg.

Asparagus, ckd. from frozen, 196  
Beans, green, ckd. from raw, 185  
Bread, pumpernickel, 1 slice, 141 †  
Broccoli, ckd. from frozen, 167  
Broccoli, ckd. from raw, 127 \*  
Brussels sprouts, ckd. from raw, 246  
Cabbage, common, ckd., 154  
Carrots, ckd. from raw, 177  
Carrots, raw, grated, 178  
Cauliflower, ckd. from raw, 202  
Cauliflower, raw florets, 178 \*  
Celeriac, ckd., 134; raw, 234  
Celery, raw, diced, 171  
Chickpeas, ckd., drained, 239  
Collards, ckd. from frozen, 214  
Corn, ckd. from raw, 204  
Fennel bulb, raw, sliced, 180  
Kale, ckd. from frozen, 209  
Kale, ckd. from raw, 148 \*  
Lettuce, romaine, 1 cup, 148  
Mushrooms, raw, 130  
Mustard Greens, ckd. from raw, 141  
Okra, sliced, ckd. from frozen, 215  
Onions, ckd., 160  
Parsley, raw, 166  
Peas, edible pod, ckd., 192  
Peas, green, ckd. from frozen, 134  
Peppers, hot chili, 1 raw, 153  
Radishes, raw, 144  
Scallions, raw, 138  
Squash, summer, ckd., all types, 173  
Spinach, raw, chopped, 154 \*  
Tomatillos, raw, chopped, 177  
Tortillas, corn, four, 172 †  
Turnip greens, ckd. from frozen, 184  
Turnip greens, ckd. from raw, 146 \*  
Turnips, white, cubes, ckd. from frozen, 142

## 251 or more mg.

Artichoke, 1 medium, 425  
Asparagus, ckd. from raw, 279  
Beans, black, ckd., drained, 306 †  
Beans, lima, thick, ckd. from frozen, 347 †  
Beans, lima, thin, ckd. from frozen, 370 †  
Beans, kidney, ckd., 355 †  
Beans, pinto, ckd., drained, 398 †  
Beet greens, ckd., 654 \*  
Beets, ckd., diced or sliced, 265  
Black-eyed peas, ckd. from frozen, 319 †  
Black-eyed peas, ckd. from raw, 347 †  
Cabbage, pak choi, ckd., 316  
Kohlrabi, ckd., 281  
Lettuce, Boston, one 511 head, 419  
Lentils, ckd., 366 †  
Mushrooms, ckd., 278  
Okra, sliced, ckd. from raw, 257  
Parsnips, ckd., 287  
Peanuts, oil roasted, unsalted, 491 †  
Peas, split, ckd., 355 †  
Potato, baked, 1 large, no skin, 610  
Potato, baked, 1 large with skin, 844  
Potatoes, boiled, no skin, 256  
Pumpkin, cnd., 253  
Pumpkin, ckd. from raw, 282  
Rutabagas, cubes, cooked, 277  
Soybeans, ckd., 486 †  
Spinach, ckd. from frozen, 283  
Spinach, ckd. from raw, 420 \*  
Squash, winter, ckd., all types, 448  
Sweet potato, 1 medium, baked, 397  
Sweet potatoes, peeled, boiled, 301  
Swiss chard, ckd. from raw, 483 \*  
Tomato, raw, 1 medium, green, 251  
Tomato, raw, 1 medium, red, 273

TIP: To reduce potassium content of vegetables, boil in large amount of water, rinse and drain. All salt substitutes and many preservatives contain potassium, phosphates, and sodium. Many canned vegetables were omitted from this guide because of their high sodium content.

† Foods high in phosphorus. \* Foods high in Vitamin K, a concern for those on anti-coagulant therapy.

The Agricultural Handbook Number 8, along with various other sources, was used to show potassium levels in certain foods and in creating this guide. All foods' nutrient values are subject to change. This guide and all of the information it contains is meant to assist you in following the advice of your physician and/or dietitian. This guide is not meant to take the place of medical advice and instruction.

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