

Potassium Content Vegetables



High Potassium (201 - 350 mg)

artichoke	1/2 cup (125 mL)
avocado	1/4 of whole
bamboo shoots, cooked	1/2 cup (125 mL)
beet greens	1/4 cup (60 mL)
beets	1/2 cup (125 mL)
brussel sprouts	1/2 cup (125 mL)
celery, cooked	1/2 cup (125 mL)
chard, cooked	1/2 cup (125 mL)
chinese cabbage, cooked	1/2 cup (125 mL)
kohlrabi	1/2 cup (125 mL)
mushrooms, cooked	1/2 cup (125 mL)
okra	1/2 cup (125 mL)
parsnips	1/2 cup (125 mL)
potato, boiled or mashed	1/2 cup (125 mL)
potato, baked	1/2 medium
potato chips	14 medium (30 g)
pumpkin	1/2 cup (125 mL)
spinach, cooked	1/2 cup (125 mL)
sweet potato	1/2 cup (125 mL)
tomato	1 medium
tomato juice	1/2 cup (125 mL)
tomato paste or puree	2 tbsp (30 mL)
tomato sauce	1/4 cup (60 mL)
vegetable juice cocktail	1/2 cup (125 mL)
winter squash	1/4 cup (60 mL)

Low Potassium (0 - 100 mg)

alfalfa sprouts	1/2 cup (125 mL)
bamboo shoots, canned	1/2 cup (125 mL)
beans, green or wax	1/2 cup (125 mL)
cabbage, raw	1/2 cup (125 mL)
chinese cabbage, raw	1/2 cup (125 mL)
chard, raw	1/2 cup (125 mL)
cucumber, peeled	1/2 cup (125 mL)
lettuce, all varieties	1 cup (250 mL)
sweet pepper, green	1/2 cup (125 mL)
water chestnuts, canned	1/2 cup (125 mL)
watercress	1/2 cup (125 mL)

Medium Potassium (101 - 200 mg)

asparagus	5 spears
broccoli	1/2 cup (125 mL)
cabbage, cooked	1/2 cup (125 mL)
carrots, raw	1 small
carrots, cooked	1/2 cup (125 mL)
cauliflower	1/2 cup (125 mL)
celery, raw	1 stalk
collards	1/2 cup (125 mL)
corn	1/2 ear
eggplant	1/2 cup (125 mL)
kale	1/2 cup (125 mL)
mushrooms, canned or raw	1/2 cup (125 mL)
mustard greens	1/2 cup (125 mL)
onions	1/2 cup (125 mL)
peas, green	1/2 cup (125 mL)
radishes	1/2 cup (125 mL)
sauerkraut	1/2 cup (125 mL)
snow peas	1/2 cup (125 mL)
spinach, raw	1/2 cup (125 mL)
squash, summer	1/2 cup (125 mL)
turnip greens	1/2 cup (125 mL)
turnips	1/2 cup (125 mL)

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Potassium Content Fruits



Medium Potassium (101 - 200 mg)

apple	1 small
apple juice	1/2 cup (125 mL)
apricot nectar	1/2 cup (125 mL)
blackberries	1/2 cup (125 mL)
cherries, sour or sweet	1/2 cup (125 mL)
figs, canned	1/2 cup (125 mL)
fruit cocktail	1/2 cup (125 mL)
gooseberries	1/2 cup (125 mL)
grapes	15 small
grapefruit	1/2 small
lemon juice	1/2 cup (125 mL)
mandarin orange sections	1/2 cup (125 mL)
peaches, canned	1/2 cup (125 mL)
peach, fresh	1 small, 2 inch
pineapple	1/2 cup (125 mL)
plums, canned or fresh	1 medium
raisins	2 tbsp (30 mL)
raspberries	1/2 cup (125 mL)
rhubarb	1/2 cup (125 mL)
strawberries	1/2 cup (125 mL)
tangerine	1 small
watermelon	1 cup (250 mL)

Low Potassium (0 - 100 mg)

apple sauce	1/2 cup (125 mL)
blueberries	1/2 cup (125 mL)
cranberries	1 cup (250 mL)
cranberry juice cocktail	1 cup (250 mL)
grape juice	1/2 cup (125 mL)
lemon	1/2
papaya nectar	1/2 cup (125 mL)
peach nectar	1/2 cup (125 mL)
pears, canned	1/2 cup (125 mL)
pear nectar	1/2 cup (125 mL)

High Potassium (201 - 350 mg)

apricots, canned or fresh	2 halves
apricots, dried	5
banana	1/2 medium
cantaloupe	1/8 small
dates	1/4 cup (60 mL)
figs, dried	2 whole
honeydew melon	1/8 small
kiwi fruit	1 medium
mango	1
nectarine	1 small
orange	1 small
orange juice	1/2 cup (125 mL)
papaya	1/2
pear, fresh	1 medium
prune juice	1/2 cup (125 mL)
prunes, dried or canned	5

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