

**Vegetables and Fruit**

Choose 7-10 servings of vegetables and fruits per day.

<b>VEGETABLES: High Potassium (&gt;200mg per serving)</b>	<b>Serving Size</b>	<b>Potassium (mg)</b>
Beets, boiled	125 mL (½ cup)	274
Broccoli, cooked	125 mL (½ cup)	241
Brussels sprouts, boiled	4	266
Chard, boiled	125 mL (½ cup)	508
Kohlrabi, raw	125 mL (½ cup)	250
Parsnips, boiled	125 mL (½ cup)	302
Peas, green, boiled	125 mL (½ cup)	229
Potato, baked, with skin	125 mL (½ cup)	359
Potato, baked, no skin	125 mL (½ cup)	252
Potato, boiled	125 mL (½ cup)	270
Potato, mashed with 2% milk	125 mL (½ cup)	398
Pumpkin, boiled	125 mL (½ cup)	298
Snow peas, boiled	125 mL (½ cup)	203
Spinach, frozen, unprepared	125 mL (½ cup)	285
Spinach, frozen, boiled	125 mL (½ cup)	443
Squash, winter, all varieties, boiled	125 mL (½ cup)	261
Sweet potato, baked in skin & removed	125 mL (½ cup)	502
Tomato, raw, diced	125 mL (½ cup)	226
Tomato juice	125 mL (½ cup)	294
Tomato paste, canned	60 mL (¼ cup)	658
Tomato puree, canned	60 mL (¼ cup)	278
Tomato sauce	125 mL (½ cup)	428
Vegetable juice cocktail, canned	125 mL (½ cup)	247

<b>FRUITS: High Potassium (&gt;200 mg per serving)</b>	<b>Serving Size</b>	<b>Potassium (mg)</b>
Apricots, dried	3 whole	244
Apricots, raw	3 fruits	272
Avocado	¼ whole	244
Banana	1 banana	422
Cantaloupe	125 mL (½ cup)	226
Figs, raw	2 fruit	232
Grapefruit juice	125 mL (½ cup)	211
Guava	125 mL (½ cup)	364
Honeydew melon	125 mL (½ cup)	205
Kiwifruit	1 large	284
Nectarine	1 fruit	273
Orange juice, from concentrate	125 mL (½ cup)	234
Orange	1 medium	237
Prune juice	125 mL (½ cup)	373
Raisins	60 mL (¼ cup)	275