

Potassium Rich Foods

Food group	Excellent sources	Good sources
Fruits		
1½ to 2 cups per day	Apricots Banana Cantaloupe Dates Figs Honeydew Kiwi Mango	Nectarine Orange Orange juice Papaya Pear, fresh Pomegranate juice Prunes Prune juice
		Apple Apple juice Apricot nectar Blackberries Cherries Fruit cocktail Grapefruit Grapefruit juice Mandarin oranges
		Peach Pineapple Pineapple juice Plums Raisins Raspberries Strawberries Tangerine Watermelon
Vegetables		
2 to 3 cups per day	Artichoke Avocado Beets Brussels sprouts Chard Kohlrabi Okra Parsnips Potato* (including baked, hash browns, chips, mashed) <i>*Potatoes should not be soaked in water before cooking.</i>	Pumpkin Rutabagas Spinach Sweet potato Tomato Tomato juice Tomato paste Tomato sauce Winter squash
		Asparagus Cabbage Carrots Cauliflower Celery Collards Corn Eggplant Kale Mushrooms
		Onion Peas Radishes Sauerkraut Summer squash Zucchini
Food group	Excellent sources	Good sources
Breads, cereals and starches		
5 to 8 servings per day 1 serving = 1 slice bread 1 cup cold cereal ½ cup cooked cereal	Bran cereal	Bran muffin Dark rye bread Granola Pumpernickel bread
Milk, yogurt and cheese		
3 cups per day 1 cup = 1 cup milk 1 cup yogurt 1½ oz. natural cheese 2 oz. processed cheese	Malted milk Ovaltine (made with milk)	Buttermilk Chocolate milk Ice cream Yogurt Cow's milk Soy milk
Meats and meat substitutes		
5 to 7 ounces per day 1 ounce = 1 oz. cooked lean meat, poultry or fish 1 egg ¼ cup dried beans 1 Tbsp. peanut butter ½ oz. nuts or seeds	Dried beans Dried peas Lentils Nuts Peanut butter	Beef Eggs Fish Lamb Pork Poultry Veal
Fats and sweets		
Use sparingly	Chocolate Licorice Molasses	