

High Potassium Foods

Fruits

Food	Serving Size	Potassium (mg)
Bananas, raw	1 medium	425
Cantaloupe, raw	½ cup	215
Figs, dried	2 each	260
Kiwi, raw	1 medium	240
Mango	1 each	325
Nectarine, raw	1 each	275
Oranges, raw	1 each	240
Orange Juice	½ cup	235
Pomegranate, raw	1 whole	400
Raisins	¼ cup	270

Vegetables

Food	Serving Size	Potassium (mg)
Artichoke, cooked	1 medium	345
Avocado, raw	¼ each	245
Bok Choy, cooked	½ cup	316
Broccoli, cooked	½ cup	230
Greens, Beet, cooked	½ cup	655
Pumpkin, canned	½ cup	250
Spinach, cooked	½ cup	420
Sweet Potatoes, baked with skin	1 medium	450
Tomatoes, raw	1 medium	290
Tomato Juice	½ cup	275
White Potatoes, baked with skin	1 medium	925
White Potatoes, boiled	½ cup	255
White Potatoes, mashed	½ cup	330
Winter Squash, cooked	½ cup	250
Zucchini, cooked	1/2 cup	220

Other

Food	Serving Size	Potassium (mg)
Chocolate	1 ½ ounce bar	165
Coconut Milk	1 cup	497
Coconut Water, ready to drink	1 cup	404
French Fries, fast food	3 oz/ small	470
Milk, chocolate	1 cup	420
Milk, fat free, low fat, whole	1 cup	350-380
Nuts	1 oz	200
Nuts: pistachios	1 oz	295
Potato Chips	1 oz	465
Raisin Bran, dry	1 cup	385
Salt Substitute	¼ teaspoon	610
Seeds, sunflower or pumpkin	1 oz	240
Soy Milk	1 cup	300