

Foods Highest in Potassium

Beet Greens



28% DV (1309mg)
per cup cooked

39 calories

Salmon



23% DV (1068mg)
per 6oz fillet

309 calories

Avocados



21% DV (975mg)
per avocado

322 calories

Large White Beans



21% DV (1004mg)
per cup

249 calories

Acorn Squash



19% DV (896mg)
per cup cooked

115 calories

Potatoes



20% DV (926mg)
in a medium potato

161 calories

Tomato



11% DV (523mg)
per cup cooked

43 calories

Milk



16% DV (732mg)
per 16oz glass

205 calories

White Button Mushrooms



12% DV (555mg)
per cup cooked

44 calories

Bananas



11% DV (537mg)
per cup sliced

134 calories