

Potassium Rich Foods Chart

High Potassium Fruits

Apricots
Banana
Cantaloupe
Figs
Grapefruit Juice
Honeydew Melon
Oranges and Orange Juice
Peaches
Prunes and Prune Juice
Raisins
Watermelon

Protein & Dairy

Dried Beans
Fish
Meats
Peanut Butter
Poultry

Miscellaneous

Molasses

High Potassium Vegetables

Artichoke
Avocado
Bamboo Shoots
Lima Beans
Carrots
Brussel Sprouts
Mushrooms
Parsnips
Spinach
Potato
Sweet Potato
Tomatoes and Tomato Juice
Winter Squash

High Potassium Grains

Boston Brown Bread
Bran Cereals
Pumpernickel Bread