

	Potassium (mg)	Calories
1 baked sweet potato	694	131
½ cup cooked beet greens	664	54
1 baked potato (flesh)	610	145
½ cup canned white beans	595	153
8 oz. plain nonfat yogurt	579	127
1 Tbs. blackstrap molasses	498	47
3 oz. halibut	490	119
1 medium banana	422	105
½ cup cooked spinach	419	21