

<b><i>Foods with Potassium</i></b>	<b><i>Serving Size</i></b>	<b><i>Potassium (mg)</i></b>
Apricots, dried	10 halves	407
Avocados, raw	1 ounce	180
Bananas, raw	1 cup	594
Beets, cooked	1 cup	519
Brussel sprouts, cooked	1 cup	504
Cantaloupe	1 cup	494
Dates, dry	5 dates	271
Figs, dry	2 figs	271
Kiwi fruit, raw	1 medium	252
Lima beans	1 cup	955
Melons, honeydew	1 cup	461
Milk, fat free or skim	1 cup	407
Nectarines	1 nectarine	288
Orange juice	1 cup	496
Oranges	1 orange	237
Pears (fresh)	1 pear	208
Peanuts dry roasted, unsalted	1 ounce	187
Potatoes, baked,	1 potato	1081
Prune juice	1 cup	707
Prunes, dried	1 cup	828
Raisins	1 cup	1089
Spinach, cooked	1 cup	839
Tomato products, canned sauce	1 cup	909
Winter squash	1 cup	896
Yogurt plain, skim milk	8 ounces	579