

Food	Amount	Potassium Points	Food	Amount	Potassium Points
<b>Milk &amp; Milk Products</b>			<b>Mushrooms</b>		
*Cheese	1 oz	1	Cooked	1/2 c	5
*Cheddar	1/2 c	2	Raw	10 sm.	11
*Cottage	4 Tbs	1	Okra, Cooked	1/2 c	4
*Process, American	1 oz	1	Onions:		
Cream:			Cooked	1/2 c	3
Half-n-Half	2 Tbs	1	Green, Raw	5	3
Sour Commercial	1/4 c	1	Peas, Green, Cooked	1/2 c	4
Ice Cream	1/2 c	3	Pepper, Green, Raw	1 shell	5
Ice Milk	1/2 c	6	Pumpkin, Cooked	1/2 c	6
Milk, Whole, 2%, Skim, Butter	1 c	9	Radishes, Raw	8-10 med.	8
Evaporated, Skim, or Whole	1/2 c	9	Rhubarb, Raw	1 c cubed	6
"Instant" Dry Skim Milk Powder	1/3 c	9	Rutabaga, Cooked	1/2 c	4
Yogurt, Plain	1c	9	*Sauerkraut	1/3 c	2
<b>Vegetables</b>			<b>Squash:</b>		
Asparagus, Cooked	1/2c	4	Summer, Cooked	1/2 c	4
Beans, Green Cooked	1/2 c	2	Winter, Cooked	1/2 c	12
Beets, Cooked	1/2 c	5	Tomato:		
Broccoli, Cooked	1 lg. stalk	7	Cooked	1/2 c	6
Brussel Sprouts, Cooked	1/2 c	5	Raw	medium	6
Cabbage:			*Tomato Juice	1 c	14
Cooked	1/2 c	4	Turnips, Cooked	1/2 c	4
Raw	1 c shredded	6	<b>Fruit</b>		
Carrots:			Apple, Raw	1 sm. (2"dia)	2
Cooked	1/2 c	6	Applesauce, Cooked	1 c	4
Raw small v. cap	3 med. sticks	4	Apricots:		
Cauliflower, Cooked	1 c	5	Fresh or Canned	2 med.	7
Celery, Raw	1 lg. stalk	4	Dried	2 med.	5
Cucumber, Raw	1 med.	4	Avocado	1/8 (4"dia)	4
Eggplant, Cooked	1/2 c	4	Banana	1 sm.	9
Escarole, Raw	4 lg. leaves	8	Berries:		
Greens: Chards, Collards, Dandelion, Kale, Mustard, Spinach, Turnip Cooked	1/2 c	7	Blackberries, Fresh or Canned	1 c	7
Lettuce, Raw	4 lg. leaves	4	Blueberries, Fresh	1 c	3
<b>* Denotes Food Very High in Sodium</b>					