



# Potassium Food Guide

## Protein sources

Low potassium (mg) 150 mg or less per serving	
<b>Meat (3 oz)</b>	
Egg, whole, fresh	70
Ground beef, lean	135
Roast beef	150
<b>Nuts (1 oz)</b>	
Brazilnut (1 nut)	33
Pecans (20 halves)	116
Walnuts (14 halves)	125
<b>Seafood</b>	
Oysters, raw (6)	131

Medium potassium (mg) 151-250 mg per serving	
<b>Beans, canned (½ cup)</b>	
Blackeyed	207
Garbanzo/Chickpea	207
<b>Meat (3 oz)</b>	
Chicken breast, no skin	220
Egg substitute (¼ cup)	207
<b>Nuts (1 oz)</b>	
Almonds (24 nuts)	201
Cashews (18 nuts)	160
Coconut, sweet (½ cup)	157
Macadamia (10-12 nuts)	103
Peanut butter, 2 tbsp	230
<b>Seeds (1 oz)</b>	
Pumpkin	229
Sunflower	241
<b>Seafood (3 oz)</b>	
Catfish, breaded	289
Crab, Alaskan	223
Shrimp	155
Tuna, canned	200

High potassium (mg) 251 mg or more per serving	
<b>Beans (½ cup)</b>	
Baked	376
<b>Beans, canned (½ cup)</b>	
Black	305
Great Northern	460
Kidney	304
Lentils	365
Lima	265
Navy	587
*Refried	535
Pinto	292
*Soybeans	443
<b>Meat (3 oz)</b>	
Ham	300
Lamb	265
*Pork loin/chop	370
Turkey, light/dark	251
*Veal, roasted	251
<b>Nuts (1 oz)</b>	
Pistachio	295
<b>Seafood (3 oz)</b>	
Clams, raw	267
*Cod	440
*Haddock	339
Lobster	300
Pollock	329
*Salmon, fresh	319
Scallops, (6 large)	300
*Tuna, fresh	484

(\* = 200 mg of phosphorus or greater)





# Potassium Food Guide

## Milk & Dairy

Low potassium (mg) 150 mg or less per serving	
<b>Cheese (1 oz)</b>	
*American	69
Blue	71
Cheddar	28
Cottage (½ cup)	97
Cream	17
Feta	17
Mozzarella	27
Parmesan (2 tbsp)	12
Swiss	31
<b>Cream (1 tbsp)</b>	
Heavy	11
Sour	17
<b>Ice cream (½ cup)</b>	
Vanilla	131
<b>Pudding cup (4 oz)</b>	
Vanilla	128

Medium potassium (mg) 151-250 mg per serving	
<b>Cheese (½ cup)</b>	
*Ricotta (part skim)	153
<b>Ice cream (½ cup)</b>	
Chocolate	164
<b>Milk (½ cup)</b>	
Buttermilk	185
Chocolate	210
Skim	204
1% low fat	190
Whole	185
Soy	173
<b>Pudding, instant (½ cup)</b>	
Chocolate	215
Vanilla	190
<b>Pudding cup (4 oz)</b>	
Chocolate	201
<b>Yogurt (½ cup)</b>	
Frozen yogurt	152

High potassium (mg) 251 mg or more per serving	
<b>Milk (½ cup)</b>	
Condensed	567
*Evaporated	425
<b>Yogurt (4 oz)</b>	
Yogurt, plain, low fat	266

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# Potassium Food Guide

## Fruit & Fruit Juices

(½ cup serving unless otherwise noted)

Low potassium (mg) 150 mg or less per serving	
Fruits	
Applesauce	78
Apricot, one raw	104
Blackberries, raw	141
Blueberries, raw	65
Grapes (10 grapes)	93
Lemon (1 medium sized)	80
Mango	128
Pears, canned	119
Pineapple, raw	88
Plum (1 medium sized)	114
Raspberries, raw	94
Rhubarb, cooked, sweetened	115
Strawberries, raw	138
Tangerine oranges 1 small, raw	132
Juices	
Apple	148
Cranberry	23
Grape	26
Apricot nectar	143
Peach nectar	50
Pear nectar	16

Medium potassium (mg) 151-250 mg per serving	
Fruits	
Apple, raw	159
Apricots, canned	200
Cherries (10 cherries)	152
Fruit cocktail	210
Grapefruit (1 half)	159
Guava, raw	235
Cantaloupe	247
Honeydew	230
Orange (1 medium sized)	237
Papaya	180
Peaches, canned/raw	160
Pear (1 medium sized)	208
Pineapple, canned	152
Plums, canned	194
Watermelon, raw	176
Juices	
Grapefruit	203
Orange	237
Pineapple	168

High potassium (mg) 251 mg or more per serving	
Fruits	
Banana (1 medium sized)	467
Dates	581
Figs (2, dried)	271
Kiwi (1 medium size)	252
Nectarines (1 medium sized)	288
Passion fruit, purple	410
Persimmon, Japanese	270
Plantain, cooked	360
Pomegranate (1 medium sized)	399
Prunes, dried	415
Raisins	545
Juices	
Prune	354
Passion fruit juice, purple/yellow	344

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# Potassium Food Guide

## Vegetables

(½ cup serving unless otherwise noted)

Low potassium (mg) 150 mg or less per serving	
Beans, green/yellow	85
Beets, canned	126
Broccoli, raw	143
Cabbage, green, raw	86
Carrots, canned	131
Cauliflower, cooked	115
Corn, frozen, kernel	121
Cucumber, with peel	75
Eggplant, cooked	123
Lettuce	43
Mushrooms, raw	130
Mustard greens, cooked	141
Onion, raw	126
Peas, canned	148
Peppers, green	132
Radishes, raw	135
Spinach, raw	84
Turnips, cooked	106
Turnip greens, cooked	146

Medium potassium (mg) 151-250 mg per serving	
Asparagus, canned/frozen	200
Broccoli, cooked	228
Brussels sprouts, cooked	250
Carrots, raw	178
Celery, raw	172
Collards, cooked	246
Corn, creamed	171
Sauerkraut, canned	201
Squash, summer, cooked	173
Tomato, fresh, raw	200

High potassium (mg) 251 mg or more per serving	
Artichoke (1 medium sized)	425
Avocado, mashed	558
Bamboo shoots canned	533
Beet greens	650
Cabbage, Chinese, cooked	315
Kohlrabi, cooked	280
Okra, cooked	258
Parsnips	286
Pumpkin, canned	253
Rutabagas, cooked	277
Spinach, cooked	420
Squash, winter, cooked	448
Vegetable juice	234
Potatoes	
Au gratin	485
Baked (1 medium sized)	610
Boiled (1 medium sized)	515
French fried	550
Hash browned	251
Mashed	315
Scalloped	463
Sweet (1 medium sized)	855
Yams, canned	398
Tomatoes	
Juice	267
Paste	1228
Sauce	454
Whole	265





# Potassium Food Guide

## Grains & Starches

Low potassium (mg) 150 mg or less per serving	
<b>Cereal (1 cup)</b>	
Cheerios™	96
Corn Flakes®	22
Rice Krispies®	35
<b>Grains</b>	
Bagel (3 ½" plain)	72
Biscuit (1-4" plain)	122
Bread (1 slice, white/ wheat)	50
Cornbread (2" square)	96
Crackers (4 squares)	15
Croissant, small	67
Pancake, buttermilk, 2 small	110
Roll, dinner, small	40
Tortilla, corn or flour	41
<b>Hot cereals (1 cup)</b>	
Cream of Wheat®	48
Grits	51
Malt-o-meal®	31
Oatmeal	131

Low potassium (mg) 150 mg or less per serving	
<b>Muffins, small</b>	
Banana	65
*Blueberry	70
Wheat bran	60
<b>Starches</b>	
Pasta (½ cup, cooked)	45
Rice, white, (½ cup, cooked)	33
<b>Waffles (1 each)</b>	
Homemade	120
Frozen	42

Medium potassium (mg) 151-250 mg per serving	
<b>Cereal (1 cup)</b>	
*Complete Bran Flakes®	228
Frosted Mini Wheats®	190
<b>Muffin</b>	
*Oat bran, small	289

High potassium (mg) 251 mg or more per serving	
<b>Cereal (1 cup)</b>	
*Raisin Bran®	372
*All Bran®	678
Granola, w/raisins	420
<b>Grains</b>	
Pancakes, wheat, 2 small	251

(\* = 200 mg of **phosphorus** or greater)



Remember: Potassium values depend on portion sizes. Foods low in potassium can become high potassium foods if a larger portion is eaten.





# Potassium Food Guide

## Other (Beverages, sweets, processed foods)

Low potassium (mg) 150 mg or less per serving	
<b>Beverages</b>	
Beer (12 oz)	89
Coffee (1 cup)	128
Red wine (3.5 oz)	115
White wine (3.5 oz)	82
Tea, 1 cup	88
<b>Beverages, carbonated (12 fl oz)</b>	
Cola	4
Lemon/lime	4
Orange	7
<b>Cake</b>	
Angel food (1" slice)	26
Chocolate (2 x 2" slice)	126
White (2 x 2" slice)	70
<b>Condiments</b>	
Ketchup (2 tbsp)	144
<b>Cookies (1 each)</b>	
Chocolate chip	36
Fig bar	33
Grahams (2 squares)	19
Oatmeal raisin	36
Peanut butter	46
Sugar	11
Vanilla wafer	4
<b>Gelatin (½ cup)</b>	
Gelatin	1

Low potassium (mg) 150 mg or less per serving	
<b>Pie (⅓ pie)</b>	
Apple	122
Cherry	139
<b>Snacks</b>	
Popcorn (1 cup)	25
Pretzels (10 each)	88
Tortilla chips, plain, nacho cheese	60
<b>Sherbet (½ cup)</b>	
Orange	71
<b>Soup (made w/water) (1 cup)</b>	
Beef noodle	100
Chicken noodle	108
Cream of chicken	88
Cream of mushroom	100

Medium potassium (mg) 151-250 mg per serving	
<b>Beverages</b>	
Cocoa mix (made with water 1 cup)	202
Egg nog (½ cup)	210
<b>Pie (⅓ pie)</b>	
Pecan	162
<b>Snacks (1.5 oz)</b>	
Chocolate bar	169
<b>Soup, (made w/water, 1 cup)</b>	
Split pea	190
Vegetable beef	173

High potassium (mg) 251 mg or more per serving	
<b>Beverages</b>	
*Cocoa mix, sugar-free, (made w/milk, 1 cup)	405
<b>Condiments</b>	
Salt substitute (¼ tsp)	800
<b>Meat</b>	
Cheeseburger, plain	360
Chili (w/ beans, 1 cup)	691
Taco, small	474
<b>Pie (⅓ pie)</b>	
Pumpkin	288
<b>Potato chips (1 oz bag)</b>	
BBQ	357
Plain	361
Low fat	491
<b>Snacks</b>	
*Trail mix (½ cup)	495
<b>Soup (made w/water, 1 cup)</b>	
Chicken vegetable	367
Clam chowder	300
Minestrone	313
Tomato	264

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