

## Protein

### Low potassium

150 mg or less per serving

Meat	Serving size	Potassium (mg)
Ground beef, lean	3 oz	135
Roast beef	3 oz	150
<b>Nuts</b>		
Brazilnut	1 oz (1 nut)	33
Pecans	1 oz (20 halves)	116
Walnuts	1 oz (14 halves)	125
<b>Seafood</b>		
Oysters, raw	6	131
<b>Medium potassium</b>		
151-250 mg per serving		
Beans, canned	Serving size	Potassium (mg)
Blackeyed	½ cup	207
Garbanzo/Chickpea	½ cup	207
<b>Meat</b>		
Chicken breast, no skin	3 oz	220
<b>Nuts</b>		
Almonds	1 oz (24 nuts)	201
Cashews	1 oz (18 nuts)	160
Coconut, sweet	½ cup	157
Macadamia	1 oz (10-12 nuts)	103
Peanut butter	2 tbsp	230
<b>Seeds</b>		
Pumpkin	1 oz	229
Sunflower	1 oz	241
<b>Seafood</b>		
Catfish, breaded	3 oz	289
Crab, Alaskan	3 oz	223
Shrimp	3 oz	155
Tuna, canned	3 oz	200

### High potassium

251 mg or more per serving

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

\* = 200 mg of phosphorus or greater



## Milk & Dairy

### Low potassium

150 mg or less per serving

Cheese	Serving size	Potassium (mg)
*American	1 oz	69
Blue	1 oz	71
Cheddar	1 oz	28
Cottage	½ cup	97
Cream	1 oz	17
Feta	1 oz	17
Mozzarella	1 oz	27
Parmesan	2 tbsp	12
Swiss	1 oz	31
Cream		
Heavy	1 tbsp	11
Sour	1 tbsp	17
Eggs		
Egg, whole, fresh	3 oz	70
Ice cream		
Vanilla	½ cup	131
pudding cup		
Vanilla	4 oz	128
Medium potassium		
151-250 mg per serving		
Cheese	Serving size	Potassium (mg)
*Ricotta (part skim)	½ cup	153
Eggs		
Egg substitute	¼ cup	207
Ice cream		
Chocolate	½ cup	164

### Medium potassium, cont.

Milk	Serving size	Potassium (mg)
Buttermilk	½ cup	185
Chocolate	½ cup	210
Skim	½ cup	204
1% low fat	½ cup	190
Whole	½ cup	185
Soy	½ cup	173
Pudding, instant		
Chocolate	½ cup	215
Vanilla	½ cup	190
Pudding cup		
Chocolate	4 oz	201
Yogurt		
Frozen yogurt	½ cup	152
High potassium		
251 mg or more per serving		
Milk	Serving size	Potassium (mg)
Condensed	½ cup	567
*Evaporated	½ cup	425
Yogurt		
Yogurt, plain, low fat	4 oz	266

\* = 200 mg of phosphorus or greater

## Fruit & Fruit Juices

### Low potassium

150 mg or less per serving

Fruits	Serving size	Potassium (mg)
Applesauce	½ cup	78
Apricot, raw	1	104
Blackberries, raw	½ cup	141
Blueberries, raw	½ cup	65
Grapes	10 grapes	93
Lemon	1 medium sized	80
Mango	½ cup	128
Pears, canned	½ cup	119
Pineapple, raw	½ cup	88
Plum	1 medium sized	114
Raspberries, raw	½ cup	94
Rhubarb, cooked, sweetened	½ cup	115
Strawberries, raw	½ cup	138
Tangerine oranges, raw	1 small	132
Juices		
Apple	½ cup	148
Cranberry	½ cup	23
Grape	½ cup	26
Apricot nectar	½ cup	143
Peach nectar	½ cup	50
Pear nectar	½ cup	16

### Medium potassium

151-250 mg per serving

Fruits	Serving size	Potassium (mg)
Apple, raw	½ cup	159
Apricots, canned	½ cup	200
Cherries	10 cherries	152
Fruit cocktail	½ cup	210
Grapefruit	1 half	159
Guava, raw	½ cup	235

### Medium potassium, cont.

Fruits	Serving size	Potassium (mg)
Cantaloupe	½ cup	247
Honeydew	½ cup	230
Orange	1 medium sized	237
Papaya	½ cup	180
Peaches, canned/raw	½ cup	160
Pear	1 medium sized	208
Pineapple, canned	½ cup	152
Plums, canned	½ cup	194
Watermelon	½ cup	176
Juices		
Grapefruit	½ cup	203
Orange	½ cup	237
Pineapple	½ cup	168

### High potassium

251 mg or more per serving

Fruits	Serving size	Potassium (mg)
Banana	1 medium sized	467
Dates	½ cup	581
Figs, dried	2	271
Kiwi	1 medium sized	252
Nectarines	1 medium sized	288
Passion fruit, purple	½ cup	410
Persimmon, Japanese	½ cup	270
Plantain, cooked	½ cup	360
Pomegranate	1 medium sized	399
Prunes, dried	½ cup	415
Raisins	½ cup	545
Juices		
Prune	½ cup	354
Passion fruit juice, purple/yellow	½ cup	344

\* = 200 mg of phosphorus or greater

## Vegetables

### Low potassium

150 mg or less per serving

Vegetables	Serving size	Potassium (mg)
Beans, green/yellow	½ cup	85
Beets, canned	½ cup	126
Broccoli, raw	½ cup	139
Cabbage, green, raw	½ cup	86
Carrots, canned	½ cup	131
Cauliflower, cooked	½ cup	115
Corn, frozen, kernel	½ cup	121
Cucumber, with peel	½ cup	75
Eggplant, cooked	½ cup	123
Lettuce	½ cup	43
Mushrooms, raw	½ cup	130
Mustard greens, cooked	½ cup	141
Onion, raw	½ cup	126
Peas, canned	½ cup	148
Peppers, green	½ cup	132
Radishes, raw	½ cup	135
Spinach, raw	½ cup	84
Turnips, cooked	½ cup	106
Turnip greens, cooked	½ cup	146

### Medium potassium

151-250 mg per serving

Vegetables	Serving size	Potassium (mg)
Asparagus, canned/frozen	½ cup	200
Broccoli, cooked	½ cup	228
Brussels sprouts, cooked	½ cup	250
Carrots, raw	½ cup	178
Celery, raw	½ cup	172
Collards, cooked	½ cup	246
Corn, creamed	½ cup	171
Sauerkraut, canned	½ cup	201
Squash, summer, cooked	½ cup	173
Tomato, fresh, raw	½ cup	200

### High potassium

251 mg or more per serving

Vegetables	Serving size	Potassium (mg)
Artichoke	1 medium sized	425
Avocado	½ cup	558
Bamboo shoots canned	½ cup	533
Beet greens	½ cup	650
Cabbage, Chinese, cooked	½ cup	315
Kohlrabi, cooked	½ cup	280
Okra, cooked	½ cup	258
Parsnips	½ cup	286
Pumpkin, canned	½ cup	253
Rutabagas, cooked	½ cup	277
Spinach, cooked	½ cup	420
Squash, winter, cooked	½ cup	448
Vegetable juice	½ cup	234

#### Potatoes

Au gratin	½ cup	485
Baked	1 medium sized	610
Boiled	1 medium sized	515
French fried	½ cup	550
Hash browned	½ cup	251
Mashed	½ cup	315
Scalloped	½ cup	463
Sweet	1 medium sized	855
Yams (sweet potato), canned	½ cup	398

#### Tomatoes

Juice	½ cup	267
Paste	½ cup	1228
Sauce	½ cup	454
Whole	½ cup	265

\* = 200 mg of phosphorus or greater

## Cereals & Starches

### Low potassium (mg)

150 mg or less per serving

Cereal	Serving size	Potassium (mg)
Cheerios™	1 cup	96
Corn Flakes®	1 cup	22
Rice Krispies®	1 cup	35
<b>Hot cereals</b>		
Cream of Wheat®	1 cup	48
Grits	1 cup	51
Malt-o-meal®	1 cup	31
Oatmeal	1 cup	131
<b>Muffins</b>		
Banana	small	65
*Blueberry	small	70
Wheat bran	small	60
<b>Starches</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
Pasta	½ cup, cooked	45
Rice, white	½ cup, cooked	33
Roll, dinner	small	40
Tortilla, corn or flour	1	41
<b>Waffles</b>		
Homemade	1	120
Frozen	1	42

### Medium potassium (mg)

151-250 mg per serving

Cereal	Serving size	Potassium (mg)
*Complete Bran Flakes®	1 cup	228
Frosted Mini Wheats®	1 cup	190
<b>Muffin</b>		
*Oat bran	small	289

### High potassium (mg)

251 mg or more per serving

Cereal	Serving size	Potassium (mg)
*Raisin Bran®	1 cup	372
*All Bran®	1 cup	678
Granola, w/raisins	1 cup	420
<b>Starches</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.

Beverages, Sweets, and Processed Foods

Low potassium 150 mg or less per serving		
Beverages, alcoholic	Serving size	Potassium (mg)
Beer	12 fl oz	89
Coffee	1 cup	128
Red wine	3.5 oz	115
White wine	3.5 oz	82
Beverages, non-alcoholic		
Cola	12 fl oz	4
Lemon/lime soda	12 fl oz	4
Orange soda	12 fl oz	7
Tea	1 cup	88
Cake		
Angel food	1" slice	26
Chocolate	2 x 2" slice	126
White	2 x 2" slice	70
Condiments		
Ketchup	2 tbsp	144
Cookies		
Chocolate chip	1 each	36
Fig bar	1 each	33
Grahams	2 squares	19
Oatmeal raisin	1 each	36
Peanut butter	1 each	46
Sugar	1 each	11
Vanilla wafer	1 each	4
Gelatin		
Gelatin	½ cup	1
Pie		
Apple	⅛ pie	122
Cherry	⅛ pie	139

Low potassium, cont.		
Snacks	Serving size	Potassium (mg)
Popcorn	1 cup	25
Pretzels	10 each	88
Tortilla chips, plain, nacho cheese		60
Sherbet		
Orange	½ cup	71
Soup (made w/water)		
Beef noodle	1 cup	100
Chicken noodle	1 cup	108
Cream of chicken	1 cup	88
Cream of mushroom	1 cup	100
Medium potassium 151-250 mg per serving		
Beverages	Serving size	Potassium(mg)
Cocoa mix (made with water)	1 cup	202
Eggnog	½ cup	210
Pie		
Pecan	⅛ pie	162
Snacks		
Chocolate bar	1.5 oz	169
Soup (made w/water)		
Split pea	1 cup	190
Vegetable beef	1 cup	173



## Beverages, Sweets, and Processed Foods, cont.

High potassium 251 mg or more per serving		
Beverages	Serving size	Potassium (mg)
*Cocoa mix, sugar-free, (made w/milk)	1 cup	405
Condiments		
Salt substitute	¼ tsp	800
Meat		
Cheeseburger, plain	1	360
Chili (w/ beans)	1 cup	691
Taco	small	474
Pie		
Pumpkin	⅛ pie	288

Potato chips	Serving size	Potassium (mg)
BBQ	1 oz bag	357
Plain	1 oz bag	361
Low fat	1 oz bag	491
Snacks		
*Trail mix	½ cup	495
Soup (made w/water)		
Chicken vegetable	1 cup	367
Clam chowder	1 cup	300
Minestrone	1 cup	313
Tomato	1 cup	264

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



AstraZeneca is the sole supporter of the *Beyond Bananas* campaign