

beyond bananas

Potassium and your kidneys



“Double Whammy” Foods

“Double whammy” foods are both high in phosphorus AND in potassium

The foods on this list have more than 200 mg phosphorus **AND** 250 mg potassium per serving.

Grains & Starches	Serving size
Microwave popcorn	1 bag
Oat bran muffin	1 medium
Pasta, whole wheat, various kinds	1 cup
Raisin Bran® cereal	1 cup

Milk & Dairy	Serving size
Condensed milk	½ cup
Evaporated milk, canned	½ cup
Evaporated milk, non-fat	½ cup
Yogurt, plain, Greek style, low fat	1 container (7 ounces)

Other (beverages, sweets, processed foods)	Serving size
Cheeseburger, plain	1 sandwich (182 grams)
Chicken pot pie	1 pie (302 grams)
Chili with beans	1 cup
Hot cocoa	1 cup

Protein	Serving size
Beef, top round	3 ounces
Chicken breast w/ skin, fried	1 breast (203 grams)
Crab, Alaskan	1 leg (134 grams)
Duck, domestic	3 ounces
Fish, fried	4 ounces
Haddock	1 fillet (150 grams)
Liver (beef)	3 ounces
Pollock	3 ounces
Pork tenderloin	3 ounces
Soybeans, dry roasted	½ cup
Salmon, fresh, cooked	3 ounces
Sardines w/ bone	1 can (4 ounces)
Tuna (white, in oil)	3 ounces
Turkey	3 ounces

AstraZeneca 

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