

Protein

Low potassium 150 mg or less per serving		
Nuts	Serving size	Potassium (mg)
Macadamia	10 to 12 nuts	103
Pecans	1 ounce	120
Walnuts	14 halves	125
Seafood		
Clams, raw	3 ounce	39
Oysters, raw eastern	6 oysters (84 gm)	104
Salmon, smoked/ Lox	3 ounce	149
<b>Tofu, firm</b>	0.25 block	192
Medium potassium 151-250 mg per serving		
Beans, canned	Serving size	Potassium (mg)
Blackeyed	½ cup	238
Garbanzo/ Chickpea	½ can	160
Meat		
Chicken breast, boneless, skinless, roasted	3 ounce	220
Ham	4 slices	241
Nuts		
Almonds	1 ounce	198
Cashews	1 ounce	160
Brazilnut	1 ounce	187
Peanuts	28 nuts	180
Peanut butter, smooth	2 tablespoon	179
Peanut butter, chunky	2 tablespoon	238
Seafood (cooked without oils or fats)		
Cod, Atlantic	3 ounce	207
Lobster	3 ounce	196
Scallops, raw	3 ounce	174
Shrimp	3 ounce	220
Tuna, light, in water	3 ounce	201
Seeds		
Pumpkin	1 ounce	223
Sunflower	1 ounce	241

High potassium 251 mg or more per serving		
Beans	Serving size	Potassium (mg)
Soybeans (edamame)	½ cup	338
Lentils	½ cup	366
Beans, canned		
Black	½ cup	370
Great Northern	½ cup	460
Kidney	½ cup	333
Lima	½ can	485
Navy	½ can	354
*Refried, vegetarian	½ cup	416
Pinto	½ can	380
Meat		
Beef, ground, 80% lean	3 ounce	285
Leg of lamb	3 ounce	277
Turkey, light/dark	3 ounce	264
*Veal shank, roasted	3 ounce	259
Roast beef	3 ounce	298
*Pork, loin/chop, bone in	1 bone-in chop	540
Nuts		
Pistachios	1 ounce	285
Seafood		
Catfish, breaded	1 fillet	296
Crab, Alaskan	1 leg	351
Tuna, fresh, raw	3 ounce	375
Tuna, fresh, cooked	3 ounce	448
Pollock	3 ounce	388
Haddock	1 fillet	526
Salmon, farmed	3 ounce	326

\* = 200 mg of phosphorus or greater



## Milk & Dairy

Low potassium 150 mg or less per serving		
Butter	Serving size	Potassium (mg)
Butter, unsalted	1 tablespoon	3
Margarine	1 tablespoon	3
Cheese		
American	1 ounce	37
Blue	1 ounce	73
Cheddar	1 ounce	21
Cottage, 2% milkfat	4 ounce	141
Cream	1 ounce	37
Feta	1 ounce	18
Mozzarella	½ cup	43
Parmesan	2 tablespoon	18
Swiss	1 ounce	20
Cream		
Heavy	1 tablespoon	14
Sour	1 tablespoon	15
Eggs		
Egg, whole, fresh	1 large egg	69
Egg substitute	¼ cup	128
Ice cream		
Orange sherbet	½ cup	71
Vanilla	½ cup	131
Pudding cup		
Vanilla	3.5 ounce container	63

Medium potassium 151-250 mg per serving		
Cheese	Serving size	Potassium (mg)
Ricotta, part skim	½ cup	155
Ice cream		
Chocolate	½ cup	164
Milk		
1%	½ cup	183
2%	½ cup	172
Buttermilk	½ cup	166
Chocolate (chocolate syrup and whole milk)	½ cup	205
Skim	½ cup	191
Whole	½ cup	184
Pudding, instant		
Chocolate	½ cup	239
Vanilla	½ cup	182
Pudding cup		
Chocolate	4 ounce container	199
Frozen Yogurt		
Chocolate	½ cup	188
Vanilla	½ cup	152
High potassium 251 mg or more per serving		
Cheese	Serving size	Potassium (mg)
Ricotta	½ cup	272
Milk		
Condensed	½ cup	570
Evaporated	½ cup	382
Yogurt		
Plain, low fat	6 ounce container	398

## Fruit & Fruit Juices

### Low potassium

150 mg or less per serving

Fruits	Serving size	Potassium (mg)
Applesauce	½ cup	91
Apricot, raw	1 fruit	91
Blackberries, raw	½ cup	117
Blueberries, raw	½ cup	57
Figs, dried	2 figs	114
Fruit cocktail, heavy syrup	½ cup	109
Grapes	10 grapes	94
Lemon	1 fruit	116
Mango	½ cup pieces	139
Peaches, canned, in juice	½ half can, with ½ liquid	125
Pears, canned, in water	½ half can, with ½ liquid	40
Pineapple, raw	½ cup chunks	103
Plums	1 fruit	104
Raspberries, raw	½ cup	93
Rhubarb, frozen, cooked, sweetened	½ cup	115
Strawberries, raw	½ cup halves	117
Tangerine oranges, raw	1 fruit	146
<b>Melons</b>		
Watermelon	1 cup diced	170
Cantaloupe	½ cup diced	213
Cantaloupe wedge	1 small wedge (⅓ of a small melon)	147
Honeydew wedge	1 wedge (⅓ of a small melon)	285
Honeydew	½ cup diced	194
<b>Juices</b>		
Apple	½ cup	125
Apricot nectar	½ cup	89
Cranberry	½ cup	26
Grape	½ cup	132
Peach nectar	½ cup	55
Pear nectar	½ cup	16

### Medium potassium

151-250 mg per serving

Fruits	Serving size	Potassium (mg)
Apple, raw	1 medium fruit	195
Apple, raw, no skin	1 medium fruit	145
Apricots, canned	½ cup halves	202
Cherries	½ cup without pits	171
Coconut, shredded	½ cup	157
Dates	1 fruit	167
Grapefruit	½ fruit	156
Guava	1 fruit	229
Kiwi	1 fruit	215
Orange	1 fruit	232
Pears	1 medium fruit	206
Pineapple, canned, in water	½ cup (crushed, sliced, chunks)	156
Plums, canned	½ cup, pitted	194
<b>Juices</b>		
Grapefruit	½ cup	203
Orange	½ cup	248
Pineapple	½ cup	163
<b>High potassium</b>		
251 mg or more per serving		
Fruits	Serving size	Potassium (mg)
Banana	1 medium fruit	422
Cantaloupe	1 cup diced	417
Honeydew	1 cup diced	388
Nectarines	1 medium fruit	285
Papaya	1 cup, with 1-inch pieces	264
Passionfruit, purple	½ cup	411
Persimmon, Japanese	1 fruit	270
Plantain, green, fried	½ cup	285
Pomegranate	1 fruit	666
Raisins	½ cup	540
Raisins	1 small box	320
<b>Juices</b>		
Prune	½ cup	354

## Vegetables

Low potassium 150 mg or less per serving		
Vegetables	Serving size	Potassium (mg)
Asparagus, frozen, cooked	½ cup	155
Bamboo shoots, canned	½ cup, with ¼-inch slices	53
Beans, green/yellow, frozen	½ cup	113
Beets, canned	½ cup slices	126
Broccoli, raw	½ cup, chopped/diced	139
Cabbage, raw	½ cup, shredded	60
Carrots, canned	½ cup, slices	131
Cauliflower, cooked	½ cup, with 1-inch pieces	88
Celery, raw	½ cup, chopped	132
Collards, cooked	½ cup, chopped	111
Cucumber with peel	½ cup, slices	76
Eggplant, cooked	½ cup, with 1-inch cubes	61
Iceberg lettuce	1 cup	80
Mushrooms, white, raw	½ cup, pieces	111
Mustard Greens, cooked	½ cup, chopped	114
Okra, cooked	½ cup, slices	108
Onion, raw	½ cup, chopped	117
Peas, frozen	½ cup	138
Peppers, green, raw	½ cup, chopped	131
Radishes, raw	½ cup, slices	135
Sauerkraut, canned	½ cup, drained	121
Spinach, raw	½ cup	84
Turnip greens, cooked	½ cup, chopped	146
Turnips, cooks	½ cup, cubes	138
Medium potassium 151-250 mg per serving		
Vegetables	Serving size	Potassium (mg)
Broccoli, cooked	½ cup, chopped	229
Brussels sprouts, cooked	½ cup	247
Carrots, raw	½ cup, chopped	205
Corn, canned	½ cup	108
Corn, frozen, kernel	½ cup	195

Medium potassium, cont.		
Rutabaga, cooked	½ cup, cubes	184
Squash, summer, cooked	½ cup, slices	173
Squash, winter, cooked	½ cup, cubes	247
Tomato, cherry	½ cup	177
Juices		
Tomato and vegetable juice	½ cup	234
High potassium 251 mg or more per serving		
Vegetables	Serving size	Potassium (mg)
Artichoke, whole, raw	1 artichoke, medium	474
Avocado	½ avocado	488
Beet greens, cooked	½ cup, with 1-inch pieces	654
Cabbage, Chinese, cooked	½ cup, shredded	316
Kohlrabi, cooked	½ cup slices	281
Parsnips	½ cup slices	286
Pumpkin, canned	½ cup	253
Spinach, cooked	½ cup	420
Potatoes		
Au gratin, homemade	½ cup	485
Baked	1 potato, 2 ⅓ x 4 ¾ inch	610
Baked with skin	1 medium potato	926
Boiled	1 potato medium, 2 ½ inch diameter, sphere	515
French fried	10 strips	270
Hash brown, pan-fried	½ cup	458
Mashed	½ cup	298
Scalloped	½ cup	463
Sweet	½ cup, mashed	377
Yams (sweet potatoes), canned	½ cup, cubes	456
Tomatoes		
Juice	½ cup	264
Paste	¼ cup	669
Sauce	½ cup	455

## Cereals & Starches

Low potassium 150 mg or less per serving		
Cereal	Serving size	Potassium (mg)
Corn Flakes®	1 cup	45
Rice Krispies	1 cup	30
Crackers		
Graham	1 large rectangle piece/4 crackers	24
Ritz	5 crackers	19
Saltines	5 crackers	23
Triscuits	6 crackers	97
Hot cereals		
Cream of Wheat®	1 cup	40
Grits, yellow	1 cup	51
Malt-o-meal®	1 serving (3 tablespoons dry cereal + 1 cup water)	38
Oatmeal	½ cup, dry	98
Muffins		
Banana	1 medium muffin (113 gm)	70
Blueberry	1 medium muffin (113 gm)	137
Starches		
Bagel, plain/onion/poppy/sesame	1 large bagel, 4 ½-inch bagel diameter	70
Biscuit, plain	1 biscuit (51 gm)	78
Bread, white or wheat	1 slice	36
Cornbread	1 piece (60 gm)	80
Croissant	1 large croissant	33
Dinner roll	1 roll	45
Rice, white, long-grain, parboiled, cooked	½ cup	44
Tortilla, corn	1 medium (28gm)	52
Tortilla, flour	1 tortilla (49gm)	65

Low potassium, cont.		
Waffles/pancakes		
Cereal	Serving size	Potassium (mg)
Pancakes, buttermilk, homemade	1 pancake (4-inch diameter)	55
Pancakes, wheat, dry mix	1 pancake (4-inch diameter)	123
Waffles, frozen	1 waffle, square (4-inch square)	44
Waffles, homemade	1 waffle, round (7-inch diameter)	119
Medium potassium 151-250 mg per serving		
Cereal	Serving size	Potassium (mg)
Cheerios®	1 cup	177
Bran Flakes®	¾ cup	160
Shredded Wheat	1 cup	170
High potassium 251 mg or more per serving		
Cereal	Serving size	Potassium (mg)
All Bran	1 cup	632
Natural Granola with Oats, Wheat, Honey, and Raisins	½ cup	256
Raisin Bran®	1 cup	398
Muffins		
Oat bran	1 medium	573
Wheat bran	1 medium	469

## Beverages, Sweets, and Processed Foods

Low potassium 150 mg or less per serving		
Beverages, alcoholic	Serving size	Potassium (mg)
Beer	12 fl ounce	96
White wine	5 fl ounce	104
Beverages, non-alcoholic		
Coffee	1 cup	124
Cola	12 fl ounce	19
Lemon-lime soda	12 fl ounce	4
Orange soda	12 fl ounce	8
Cake		
Angel food	1 piece, 1/12 of 12-inch diameter cake (28 gm)	26
Yellow with vanilla frosting	1 ounce square	36
Condiments		
Ketchup	2 tablespoon	96
Oil, any type	1 tablespoon	0
Cookies		
Chocolate chip	1 medium cookie (12 gm)	24
Fig bar	2, 3-inch bars	118
Oatmeal raisin	1 cookie (24 gm)	55
Peanut butter	1 cookie (31 gm)	63
Sugar	1 cookie (15 gm)	24
Vanilla wafer	8 wafers	30
Gelatin		
Gelatin desserts	½ cup	1
Pie		
Apple	1 piece (⅛ of 9-inch diameter pie)	81
Cherry	1 piece (⅛ of 9-inch diameter pie)	101
Snacks		
Popcorn	1 cup	26

Pretzels, salted	10 twists	134
Tortilla chips, nacho cheese flavor	1 ounce	63
Soup (made w/ water)		
Beef noodle	1 cup	98
Chicken noodle	1 cup	32
Cream of chicken	1 cup	88
Cream of mushroom	1 cup	77
Medium potassium 151-250 mg per serving		
Beverages, alcoholic	Serving size	Potassium (mg)
Red wine	5 fl ounce	187
Beverages, nonalcoholic		
Cocoa mix (made w/ water)	6 fl ounce	204
Egg nog	½ cup	210
Cake		
Chocolate with chocolate frosting	1 ounce cake with 1.5 ounce frosting	173
Meat		
Beef taco, soft shell w/ cheese and lettuce	1 taco	164
Pie		
Pumpkin	1 slice (133 gm)	222
Snacks		
Milk chocolate bar	1 bar (1.55 ounce)	164
Soup (made w/ water)		
Vegetable beef	1 cup	168



## 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/ water)	6 fl ounce	405
Meat		
Cheeseburger, plain, single	1 burger	382
Chili (w/ beans)	1 cup	934
Potato chips		
BBQ	1 ounce	336

Plain	1 ounce	339
Plain, low fat	1 ounce	494
Snacks		
Trail mix	½ cup	515
Soup (made w/ water)		
Chicken vegetable	1 cup	369
Clam chowder	1 cup	268
Minestrone	1 cup	313
Split pea (w/ ham)	1 cup	400
Tomato	1 cup	682



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