



High Potassium Foods Summary

The following list summarizes selected foods containing high levels of potassium, as measured by the United States Department of Agriculture.

Foods To Avoid

Foods That Diabetics Should Avoid - Learn More At Diabetic Living®
www.DiabeticLivingOnline.com

High Blood Pressure Foods

High Blood Pressure Foods. Blood pressure information and tips
Resperate.ca

Drop 25 Pounds in 30 days

Fastest Weight Loss - Guaranteed! As Seen on CBS News.
My-Stomach-Fat-Story.com



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Those who need to increase their potassium intake can select foods from this high potassium food summary list. It is not necessary to take potassium supplements, to achieve a high level of potassium nutrition.

USDA NDB Ref. #	Food Group	From the USDA Nutrient Database			Notes
		Potass. per measure mgs	Weight grams	Common Measure	
FISH - Broiled					
15160	Mollusk, clams	534	85	3 oz.	canned
15192	Cod	439	85	3 oz.	-
15037	Halibut	490	85	3 oz.	-
15086	Salmon	319	85	3 oz.	-
15241	Trout	375	85	3 oz.	-
15221	Tuna	484	85	3 oz.	Yellowfin, fresh, cooked
FRUITS					
09032	Apricots, dried	814	70	10 med.	-
09038	Avocados	540	85	3 oz.	(tripled - more reasonable)
09040	Banana	467	118	1 med.	-
09087	Dates	542	83	10 dates	(doubled - more reasonable)
09094	Figs, dried	542	76	4 figs	(doubled - more reasonable)
09148	Kiwi	252	76	1 med.	-

09181	Melon, cantaloupe	494	160	1 cup	-
09200	Orange	237	131	1 med.	-
09298	Raisins	544	73	1/2 cup	(halved - more reasonable)
09326	Watermelon	176	152	1 cup	-
JUICES					
11655	Carrot juice	689	236	1 cup	Canned
09206	Orange juice	496	248	1 cup	-
09294	Prune juice	707	256	1 cup	-
11540	Tomato juice	535	243	1 cup	Added salt
MEAT DAIRY					
13168	Beef, round	262	85	3 oz.	Turkey about the same
05040	Chicken	220	85	3 oz.	-
10047	Pork	358	85	3 oz.	Fresh loin
01085	Milk, nonfat	376	245	1 cup	-
01117	Yogurt, low fat	531	227	8 oz.	12 grams of protein per ounce
NUTS					
12061	Almonds	412	57	2 oz.	(doubled - more reasonable)
12078	Brazil nuts	340	57	2 oz.	(doubled - more reasonable)
16390	Peanuts	374	57	2 oz.	(doubled - more reasonable)
OTHER					
19305	Molasses	498	20	1 tbsp	blackstrap - HOLY COW !!!
VEGETABLES					(All cooked)
11008	Artichoke	595	168	1 cup	-
?	Beans, baked	752	254	1 cup	-
16033	Beans, Kidney	713	177	1 cup	-
16072	Beans, Lima	955	188	1 cup	-
16043	Beans, Pinto	800	171	1 cup	-
16103	Beans, refried	673	252	1 cup	-
16051	Beans, white	1,189	262	1 cup	-
11087	Beet Greens	1,309	144	1 cup	-
11192	Black-eyed peas	690	165	1 cup	-
11091	Broccoli	456	156	1 cup	-
11101	Brussels Sprouts	504	155	1 cup	-
11125	Carrots	354	156	1 cup	-
16057	Chick Peas	477	164	1 cup	Garbanzo beans

16006	Jerusalem Artichokes	644	150	1 cup	-
16070	Lentils	731	198	1 cup	-
11299	Parsnips	573	156	1 cup	-
16109	Soybeans	886	172	1 cup	-
11458	Spinach	839	180	1 cup	-
11644	Squash, Winter	896	205	1 cup	-
11508	Sweet Potatoes	508	146	1 cup	with the skin
11674	Potatoes	1,081	202	1	most is in the skin
11529	Tomatoes, raw	400	180	1 cup	red, ripe, raw
		Over 600 mg. shown in BOLD RED			

I changed some numbers to more closely reflect a more appropriate "Common Measure".

This is a list of "basic foods".

Many fast foods contain high amounts of potassium, but I omitted them due to all the other garbage they contain. The same is true for soups and cereals.

Source: USDA Nutrient Database for Standard Reference, Release 15

Daily Recommended Potassium (K): 3,500 mg . . . Too much: 18,000 mg

Daily Recommended Sodium . . (Na): 1,000 mg . . . Too much: 2,400 mg

Vaughn's Summaries (One-Pagers)

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