

Potassium Rich Foods

Food	Serving	Potassium
Apple	1 med.	143 mg
Apricot, fresh	1 med.	107 mg
Banana	1 med.	555 mg
Dates, dried	1 ea.	65 mg
Grapes, green seedless	1 cup	220 mg
Orange Juice, fresh	8 oz.	250 mg
Papaya	1 large	936 mg
Peach	1 med.	234 mg
Pineapple, fresh	1 cup	204 mg
Prune Juice, unsweetened	8 oz.	284 mg
Raisins	4 oz.	305 mg
Strawberries, fresh	1 cup	244 mg
Asparagus, cooked	1 spear	29 mg
Artichoke	1 sm.	300 mg
Broccoli	1 cup	401 mg
Cabbage, cooked	1 cup	277 mg
Celery, raw	1 lg.stalk	171 mg
Corn, on cob	1 med.	165 mg
Green Beans	8 oz.	95 mg
Green Pepper	1 lg.	213 mg
Kidney Beans, canned	8 oz.	343 mg
Lettuce, iceberg	3.5 oz.	175 mg
Lettuce, romaine	3.5 oz.	264 mg
Onion	1 med.	157 mg
Peas, fresh cooked	8 oz.	98 mg
Potato, baked with skin	1 med.	503 mg
Pumpkin, canned	4 oz.	180 mg
Spinach, steamed	8 oz.	167 mg
Sweet Potato	1 sm.	300 mg
Tomato	1 med.	366 mg.
Ice Cream	8 oz.	105 mg
Milk, skim	8 oz.	178 mg
Yogurt, lowfat	8 oz.	178 mg
Bread, wheat	1 slice	59 mg
Brazil Nuts	4 oz.	540 mg
Egg	1 med.	65 mg
Hamburger	4 oz.	383 mg
Peanuts, roasted w/skin	4 oz.	404 mg
Peanut Butter, natural	1 tbsp.	94 mg
Rice, brown	1 cup	105 mg
Rice, white	1 cup	42 mg
Salmon, canned	4 oz.	409 mg