

High-Potassium Foods

Anything greater than 200 milligrams per portion is considered high in potassium.

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated.

Please be sure to check portion sizes. While all the foods on this list are high in potassium, some are higher than others. For more information please visit the National Kidney Foundation at <http://www.kidney.org/>

| Fruits | Vegetables | Other Foods |
|---------------------------|---------------------------|---|
| Apricot , raw (2 medium) | Acorn Squash | Bran/Bran products |
| Apricot, dried (5 halves) | Artichoke | Chocolate (1.5-2 ounces) |
| Avocado (¼ whole) | Bamboo Shoots | Granola |
| Banana (½ whole) | Baked Beans | Milk, all types (1 cup) |
| Cantaloupe | Butternut Squash | Molasses (1 Tablespoon) |
| Dates (5 whole) | Refried Beans | Nutritional Supplements: Use only under the direction of your doctor or dietitian. |
| Dried fruits | Beets, fresh then boiled | |
| Figs, dried | Black Beans | Nuts and Seeds (1 ounce) |
| Grapefruit Juice | Broccoli, cooked | Peanut Butter (2 tbs.) |
| Honeydew | Brussels Sprouts | Salt Substitutes/Light Salt |
| Kiwi (1 medium) | Chinese Cabbage | Salt Free Broth |
| Mango(1 medium) | Carrots, raw | Yogurt |
| Nectarine(1 medium) | Dried Beans and Peas | Snuff/Chewing Tobacco |
| Orange(1 medium) | Greens, except Kale | |
| Orange Juice | Hubbard Squash | |
| Papaya (½ whole) | Kohlrabi | |
| Pomegranate (1 whole) | Lentils | |
| Pomegranate Juice | Legumes | |
| Prunes | Mushrooms, canned | |
| Prune Juice | Parsnips | |
| Raisins | Potatoes, white and sweet | |
| | Pumpkin | |
| | Rutabagas | |
| | Spinach, cooked | |
| | Tomatoes/Tomato products | |
| | Vegetable Juices | |