

## Potassium Values of Food

When kidneys work well they filter excess potassium from your blood and excrete it in the urine. Depending on your blood level of potassium you may be able to eat 2000-4000 mg of potassium daily. Whether you need a low potassium diet or a high potassium diet the following list should help you make the best choices.

**Remember:** It is important to know the serving size of the foods you eat. **A large serving of a low or medium potassium food can turn into a very high potassium food!**

Milk, Cheese & Dairy (and substitutes)		
<i>(All serving sizes are ½ cup [4 fluid oz] unless otherwise specified)</i>		
Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Milk beverages*	Coconut milk, canned 249mg	Yogurt, plain
Almond 18mg	Frozen yogurt	Low-fat 265mg
Coconut 22mg	Chocolate 152mg	Non-fat 289mg
Rice 32mg	Ice cream	Condensed milk 283mg
	Chocolate 164mg	
Cheese, 1oz	Milk	
American 47mg	Buttermilk 115mg	
Cheddar 27mg	Chocolate 211mg	
Cream, 2 Tbsp 39mg	Skim 191mg	
Goat, soft 7mg	1% low fat 183mg	
Mozzarella 27mg	Whole 161mg	
Swiss 22mg	Evaporated 191mg	
Parmesan, 1 Tbsp 6mg	Pudding cup, chocolate	
Cottage cheese 95mg		
Cream, heavy, 1 Tbsp 11mg		
Cream, sour, 1 Tbsp 17mg	Soy milk beverage* 185mg	
Frozen yogurt, vanilla 136mg	Yogurt, plain	
Half and half, 1 Tbsp 106mg	Greek 160mg	
Ice cream	Regular fat 176mg	
Vanilla 131mg		
Strawberry 109mg		
Pudding cup, vanilla 72mg		
Sherbet, orange 71mg		



\* Silk® brand; original flavor



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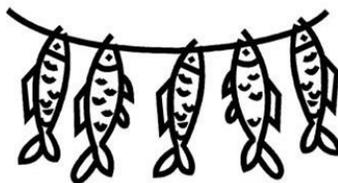


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## Meats, Dry Beans & Nuts

*(All meat servings are 3 oz unless otherwise specified)*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Egg, white, 1                    54mg	Beef, T-Bone Steak    227mg	Beans, cooked, 1/2 cup
Egg, whole, 1                 81mg	Chicken Breast            220mg	Baked                    453mg
Egg substitute, 1/4 cup 128mg	Thigh                    246mg	Black-eye                305mg
Eastern oysters, raw, 6 med	Clams, raw                 207mg	Kidney                   303mg
131mg	Coconut, 1/2 cup, shredded	Lentils                    365mg
Nuts, 1 oz	157mg	Lima                      265mg
Peanuts, boiled            51mg	Fish, Cod                    207mg	Navy                      354mg
Pecans                      116mg	Lobster                     196mg	Pinto                     373mg
Walnuts                     125mg	Nuts, 1 oz	Pork 'n beans            391mg
Shrimp                         144mg	Almonds                 208mg	Refried                    400mg
Sunflower seeds, 1oz    139mg	Cashews                 187mg	Beef
Tofu                             129mg	Hazelnuts                193mg	Ground, lean            283mg
	Peanuts                  200mg	Ribs                      287mg
	Peanut butter, 2 Tbsp 238mg	Roast                     292mg
	Pork loin/chop            245mg	Tenderloin              257mg
	Scallops                    174mg	Bison, ground            290mg
	Pumpkin Seeds, 1 oz    261mg	Crab, Alaskan            351mg
	Tuna, canned              200mg	Fish
	Turkey	Catfish, breaded        289mg
	Breast                    212mg	Haddock                298mg
	Thigh                    193mg	Pollock                  366mg
	Veal, roasted             238mg	Salmon, canned        277mg
		Salmon, fresh          347mg
		Salmon, smoked        447mg
		Tuna, fresh             275mg
		Ham, deli meat            319mg
		Ham, roasted             269mg
		Lamb chop                262mg
		Nuts, 1 oz
		Pistachio                291mg
		Venison                    369mg



**1 oz of nuts =  
~1/4 cup, chopped**

**As a general rule  
1 oz of meat or  
seafood contains  
~100 mg of potassium.**



## Vegetables

*(All vegetable servings are 1/2 cup unless otherwise specified)*

<b>Low Potassium</b> Less than 150mg/serving	<b>Medium Potassium</b> 151-250mg/serving	<b>High Potassium</b> More than 251mg/serving
Beans, green, raw 106mg	Artichoke heart, ckd 240mg	Avocado, pureed 583mg
Beans, green, canned 81mg	Asparagus, ckd 202mg	Beets, ckd 259mg
Bean sprouts 76mg	Broccoli, cooked 229mg	Beet greens 654mg
Beets, canned 116mg	Brussels sprouts, ckd 250mg	Cabbage, Chinese, ckd 315mg (bok choy)
Broccoli, raw 139mg	Carrots, raw 205mg	Kohlrabi, ckd 280mg
Cabbage, raw 76mg	Carrots, ckd 183mg	Parsnips 286mg
Cabbage, ckd 147mg	Cauliflower, raw 160mg	Potato:
Cauliflower, ckd 88mg	Collards, frozen, ckd 246mg	Au gratin 485mg
Celery, raw 131mg	Corn	Baked, 1 med, w/skin 952mg
Collards, ckd 111mg	Creamed 171mg	Baked, 1 med, no skin 610mg
Cucumber, with peel 75mg	On cob, 1 med 225mg	Boiled, 1 med 548mg
Cucumber, no peel 31mg	Kernels, frozen 192mg	Hash browned 450mg
Eggplant, cooked 61mg	Mushrooms, chopped	Mashed 342mg
Lettuce, shredded	Portabella, grilled 265mg	Scalloped 463mg
Butter head 65mg	White, raw 152mg	Pumpkin, canned 253mg
Red/green 25mg	Potatoes, instant 220mg	Spinach, frozen, ckd 287mg
Romaine/iceberg 58mg	Rutabagas, ckd 184mg	Spinach, fresh, ckd 419mg
Mushrooms, raw, chopped	Squash, summer, ckd 159mg	Squash, winter, ckd
Chantrelle 135mg	Tomato, fresh, raw 214mg	Acorn 448mg
Maitaki 71mg		Butternut 290mg
Mustard greens, ckd 115mg	<b>Ckd=cooked</b>	Sweet Potato, baked
Okra, ckd 108mg		With skin 542mg
Onion, ckd 117mg		Without skin 347mg
Peas, canned 148mg		Swiss chard, ckd 480mg
Pepper, bell, any color 132mg		Tomatoes:
Pickle, 1 med 75mg		Canned, whole 265mg
Radishes, raw 135mg		Cooked 261mg
Sauerkraut, canned 120mg		Juice 215mg
Spinach, raw 84mg		Paste 1338mg
Turnips, ckd 138mg		Sauce 405mg
Turnip greens, ckd 146mg		Vegetable juice cocktail
		337mg



## Fruit

*(All fruit & juice servings are 1/2 cup [4 fluid oz] unless otherwise specified)*

<b>Low Potassium</b> Less than 150mg/serving		<b>Medium Potassium</b> 151-250mg/serving		<b>High Potassium</b> More than 251mg/serving	
Apple, fresh w/skin	58mg	Apricots, canned	200mg	Banana, 1 med	268mg
Apple, fresh no skin	50mg	Apricot, fresh	214mg	Dried Fruit	
Applesauce	140mg	Cherries, fresh	180mg	Dates	497mg
Blackberries, fresh	116mg	Fruit cocktail	112mg	Figs	507mg
Blueberries, fresh	57mg	Grapefruit, fresh	146mg	Peaches	797mg
Figs, fresh, 1 med	116mg	Grapefruit, canned	157mg	Pears	343mg
Grapes, fresh	144mg	Melon, Cantaloupe	213mg	Prunes	637mg
Mango, fresh	135mg	Melon, Honeydew	194mg	Raisins	541mg
Pears, canned	65mg	Nectarines, fresh	143mg	Guava, fresh	344mg
Peaches, canned	104mg	Orange, navel, fresh	137mg	Kiwifruit, fresh	281mg
Pineapple, canned	112mg	Papaya, fresh	132mg	Passion fruit, purple	410mg
Pineapple, fresh	90mg	Peach, fresh	147mg	Persimmon, Japanese,	
Plum, fresh	130mg	Pear, fresh	162mg	1 med	270mg
Raspberries, raw	94mg	Pomegranate seeds	205mg	Plantain, cooked	358mg
Rhubarb, cooked	115mg	Tangerine/mandarin			
Strawberries, raw	115mg	oranges, fresh	172mg		
Watermelon, fresh	85mg				
<b>Fruit juice:</b>		<b>Fruit juice:</b>		<b>Fruit juice:</b>	
Apple	148mg	Apricot nectar	243mg	Prune	354mg
Cranberry	98mg	Grapefruit	203mg	Passion fruit,	
Grape	131mg	Orange	248mg	Purple/yellow	344mg
Peach nectar	50mg	Pineapple	168mg		
Pear nectar	16mg				
Fruit punch drink	76mg				

### How much is a 1/2 cup?

1/3 of a medium apple	3/4 of a pear
2 medium apricots	1/2 of a small papaya
2/3 of a medium banana	6 1/2 passion fruits
2/5 of a grapefruit	1/2 of a peach
1 1/2 guava	1/10 of a pineapple
3/4 of a kiwifruit	1 1/4 medium plums
1/8 of a medium mango	1/2 of a star fruit
1/2 of a medium nectarine	1 1/3 small tangerines
1/2 of a medium orange	

## Breads, Grains & Cereals

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Bagel, 3½" plain 79mg Biscuit, 2½" plain 78mg Cornbread, 2" square 38mg Bread, sliced, white 32mg Bread, sliced, w. wheat 81mg Bread, 1 slice, rye 53mg Cold Cereal, ½ cup: Bran Flakes® 111mg Shredded Wheat 85mg Cheerios® 90mg Corn Flakes® 24mg Rice Krispies® 18mg Prepared hot cereals, ½ cup: Cream of Wheat® 20mg Grits 35mg Malt-o-Meal® 59mg Oatmeal 82mg Instant Oatmeal, 1 pkt 144mg Crackers, saltines, 6 34mg Croissant, small 67mg English muffin 75mg Muffins, small (2 ¾"): Blueberry 76mg Wheat bran 74mg Pasta, ½ cup, cooked 46mg Pancake, 2 small Buttermilk 110mg Plain 132mg Rice, ½ cup, ckd: Brown 42mg White 27mg Wild 83mg Roll, dinner, small 32mg Spaghetti, ckd, ½ cup 31mg Tortilla, corn or flour 45mg Waffles (2, 4"): Homemade 136mg Frozen 88mg	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Ckd=cooked</div>  	Cold Cereal, ½ cup: All Bran® 365mg Muffin, oat bran, small 335mg  

## Other

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beer, 12 oz 96mg	Cheeseburger, plain 238mg	Boost®, original, vanilla 8 oz 460mg
Coffee, 8 oz 116mg	Cocoa mix, made w/water, 8oz 199mg	Chili, w/beans, 1 cup 691mg
Cake, (no frosting)	Chocolate, dark, 1 oz 203mg	Cocoa mix, sugar-free, made w/water, 8 oz 405mg
Chocolate, 2 x 2" 133mg	Chocolate, milk, 1 oz 123mg	Coconut water, 8 oz 600mg
White, 2 x 2" 70mg	Eggnog, 1/2 cup 210mg	Ensure®, original, vanilla 8 oz 396mg
Catsup, 2 Tbsp 108mg	Onion rings, 18 195mg	French fries, 20 550mg
Cookies, 1 each	Pie, pecan, 1/8 pie 162mg	Molasses, 1 Tbsp 293mg
Chocolate chip 36mg	Pretzels (10 twists) 173mg	Pie, pumpkin, 1/8 pie 288mg
Fig bar 33mg	Red wine, 5 oz 187mg	Potato chips, 1 oz bag:
Grahams, 2 squares 19mg	Soup, made w/water, 1 cup:	BBQ 333mg
Oatmeal raisin 36mg	Vegetable beef 168mg	Plain 466mg
Peanut butter 46mg	Chicken noodle 219mg	Low fat 494mg
Sugar 11mg		Salt substitute, 1/4 tsp 800mg
Vanilla wafer 4mg		Soup, made w/water, 1 cup:
Ensure clear, 10 oz 45mg		Chicken vegetable 367mg
Jell-O®, 1/2 cup 1mg		Clam chowder 268mg
Pie:		Minestrone 612mg
Apple, 1/8 pie 122mg		Tomato 278mg
Cherry, 1/8 pie 139mg		Split pea 467mg
Popcorn, 1 cup 26mg		Soup, made w/milk, 1 cup:
Soda/Pop, 12 oz <10mg		Cream of chicken 273mg
(all except choc. flavor)		Cream of mushroom 260mg
Soda, chocolate flavored, 12oz 184mg		Tomato 461mg
Soup, made w/water, 1 cup:		Sweet Potato Chips, 1 oz 262 mg
Beef noodle 98mg		Trail mix, 1/2 cup
Cream of mushroom 77mg		Regular or Tropical 514mg
Tea, 8 oz		
Black 88mg		
Brisk®, iced 47mg		
Chamomile 23mg		
Green 20mg		
Tortilla chips, 1 oz 58mg		
White wine, 5 oz 104mg		



**Don't forget salt substitutes and chewing tobacco also contain potassium.**

Reference: USDA National Nutrient Database for Standard Reference, Release 26  
 Accessed in February and March, 2014. [www.nal.usda.gov](http://www.nal.usda.gov).