

## High Potassium Foods (Over 450 milligrams per serving)

FOOD	MEASUREMENT	POTASSIUM MGS.
Artichoke Hearts	1 cup	595
Avocados	3 oz.	540
Bananas	1 medium	467
Beets, cooked	1 cup	519
Beet Greens, cooked	1 cup	1,309
Broccoli	1 cup	505
Brussels Sprouts, cooked	1 cup	504
Cantaloupe	1 cup	495
Chick Peas, cooked	1 cup	477
Cod	4 oz.	585
Collard Greens, cooked	1 cup	494
Halibut	4 oz.	653
Kidney Beans, cooked	1 cup	713
Lima Beans, cooked	1 cup	955
Lentils, cooked	1 cup	731
Papaya	1 medium	781
Pinto Beans, cooked	1 cup	800
Raisins	1/2 cup	544
Soybeans	1 cup	886
Spinach, cooked	1 cup	839
Swiss Chard, cooked	1 cup	961
Trout	4 oz.	500
Tuna	4 oz.	645
White Beans, cooked	1 cup	1,189
Winter Squash	1 cup	579

## Moderately High Potassium Foods (225 – 450 milligrams per serving)

FOOD	MEASUREMENT	POTASSIUM MGS.
Almonds	2 oz.	412
Carrots, raw	1 cup	394
Celery, raw	1 cup	344
Green beans, cooked	1 cup	374
Kale, cooked	1 cup	296
Kiwi	1 medium	252
Milk, nonfat	1 cup	376
Mustard Greens, cooked	1 cup	283
Orange	1 medium	237
Peanuts	2 oz.	374
Salmon	4 oz.	425
Tomato, ripe	1 cup	400
Turkey	3 oz.	262
Turnip Greens, cooked	1 cup	292

Adapted from commonsensehealth.com