



Potassium Values of Food



Potassium is a mineral found in many foods. One of its main jobs is to send messages to your muscles so they will work properly.

When potassium in the blood is too high it can cause muscle weakness, breathing problems and it can change the heart beat enough to cause serious damage or even death.

If potassium is too low, it can cause muscle weakness, irregular heartbeat, low blood pressure and confusion.

When kidneys work well they control potassium you eat. Depending on your blood level of potassium you may be able to eat 2000-4000 mgs 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.

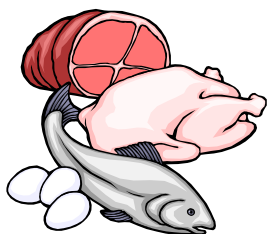
Milk, Cheese & Dairy

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Cheese, 1oz	Frozen yogurt 152mg	Milk:
American 69mg	Ice cream:	Condensed, ½ cup 567mg
Cheddar 28mg	Chocolate, ½ cup 164mg	Evaporated, ½ cup 425mg
Cream 17mg	Milk:	Yogurt, plain, low fat, 8 oz container 531mg
Mozzarella 27mg	Buttermilk, ½ cup 185mg	
Swiss 31mg	Chocolate, ½ cup 210mg	
Cottage cheese, ½ cup 97mg	Skim, ½ cup 204mg	
Cream, heavy, 1 Tbsp 11mg	1% low fat, ½ cup 190mg	
Cream, sour, 1 Tbsp 17mg	Whole, ½ cup 185mg	
Ice cream:	Soy milk, ½ cup 173mg	
Vanilla, ½ cup 131mg	Pudding, instant:	
Pudding cup, 4oz:	Chocolate, ½ cup 215mg	
Vanilla 128mg	Vanilla, ½ cup 190mg	
	Pudding cup, 4oz:	
	Chocolate 201mg	



Meats, Dry Beans & Nuts*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beef: Ground, lean 135mg Roast 150mg Egg, whole, fresh 70mg Oysters, raw, 6 med 131mg Nuts: Pecans, 1 oz 116mg Walnuts, 1oz 125mg Peanut butter, 1 Tbsp 115mg	Chicken breast, no skin 220mg Crab, Alaskan 223mg Shrimp 155mg Egg substitute, ¼ cup 207mg Fish, catfish, breaded 289mg Nuts: Almonds, 1oz 201mg Cashews, 1oz 160mg Coconut, sweet, ½ cup 157mg Seeds: Pumpkin, 1 oz 229mg Sunflower kernels 241mg Tuna, canned 200mg Turkey, light/dark 250mg	Beans, dry, cooked: Baked 380mg Black-eye 320mg Kidney 350mg Lentils 365mg Lima 265mg Navy 385mg Pinto 400mg Soybeans 485mg Clams, raw 267mg Fish: Cod 440mg Haddock 339mg Pollock 329mg Salmon, fresh 319mg Tuna, fresh 484mg Ham 300mg Lamb 265mg Lobster 300mg Nuts: Pistachio, 1 oz 295mg Pork loin/chop 370mg Scallops, 6 large 300mg Veal, roasted 251mg



*All meat servings are 3oz unless otherwise specified


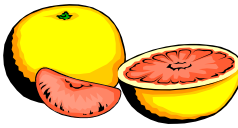
Vegetables*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Beans, green/yellow 85mg	Asparagus, canned/frz 200mg	Artichoke, 1 med 425mg
Beets, canned 126mg	Broccoli, cooked 228mg	Avocado, pureed 558mg
Broccoli, raw 143mg	Brussels sprouts, cooked 250mg	Beet greens 650mg
Cabbage, green, raw 86mg	Carrots, raw 178mg	Cabbage,
Carrots, canned 131mg	Celery, raw 172mg	Chinese, cooked 315mg
Cauliflower, cooked 115mg	Collards, cooked 246mg	Kohlrabi, cooked 280mg
Corn, frozen, kernel 121mg	Corn, creamed 171mg	Okra, cooked 258mg
Cucumber, with peel 75mg	Sauerkraut, canned 201mg	Parsnips 286mg
Eggplant, cooked 123mg	Squash, summer, cooked 173mg	Potato:
Lettuce 43mg	Tomato, fresh, raw 200mg	Au gratin 485mg
Mushrooms, raw 130mg		Baked, 1 med 610mg
Mustard greens, cooked		Boiled, 1 med 515mg
141mg		French fried 550mg
Onion, raw 126mg		Hash browned 251mg
Peas, canned 148mg		Mashed 315mg
Peppers, green 132mg		Scalloped 463mg
Radishes, raw 135mg		Yams, canned 398mg
Spinach, raw 84mg		Pumpkin, canned 253mg
Turnips, cooked 106mg		Rutabagas, cooked 277mg
Turnip greens, cooked 146mg		Spinach, canned 370mg
		Squash, winter, cooked
		448mg
		Tomatoes:
		Canned, whole 265mg
		Juice 267mg
		Paste 1228mg
		Sauce 454mg
		Vegetable juice cocktail
		234mg





*All vegetable servings are ½ cup unless otherwise specified

Fruit*

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Apple juice 148mg	Apple, raw 159mg	Banana, 1 med 467mg
Applesauce 78mg	Apricots, canned 200mg	Dates 581mg
Apricot, one raw 104mg	Cherries, 10 sweet 152mg	Figs, dry, 2 each 271mg
Blackberries, raw 141mg	Fruit cocktail 210mg	Kiwi, 1 med 252mg
Blueberries, raw 65mg	Grapefruit, ½ fruit 159mg	Nectarines, 1 med 288mg
Grapes, 10 each 93mg	Guava, raw 235mg	Passion fruit, purple 410mg
Lemon, 1 med 80mg	Melon, Cantaloupe 247mg	Persimmon, Japanese 270mg
Mango 128mg	Melon, Honeydew 230mg	Plantain, cooked 360mg
Pears, canned 119mg	Orange, 1 med 237mg	Pomegranate, 1 med 399mg
Pineapple, raw 88mg	Papaya 180mg	Prunes, dried 415mg
Plum, 1 med 114mg	Peaches, canned/raw 160mg	Raisins 545mg
Raspberries, raw 94mg	Pear, 1 med 208mg	
Rhubarb, cooked, sweetened 115mg	Pineapple, canned 152mg	
Strawberries, raw 138mg	Plums, canned 194mg	
Tangerine/mandarin oranges 1 small, raw fruit 132mg	Watermelon, raw 176mg	
Fruit juice:	Fruit juice:	Fruit juice:
Apple 148mg	Grapefruit 203mg	Prune 354mg
Cranberry 23mg	Orange 237mg	Passion fruit juice, Purple/yellow 344mg
Grape 26mg	Pineapple 168mg	
Apricot nectar 143mg		
Peach nectar 50mg		
Pear nectar 16mg		
Tang 24mg		
Fruit punch drink 31mg		

*All fruit & juice servings are ½ cup unless otherwise specified

Breads, Grains & Cereals

Low Potassium Less than 150mg/serving	Medium Potassium 151-250mg/serving	High Potassium More than 251mg/serving
Bagel, 3 1/2" plain 72mg Biscuit, 1- 4" plain 122mg Cornbread, 2" square 96mg Bread, sliced, white/wheat 50mg Cereal, 1 cup: Cheerios® 96mg Corn Flakes® 22mg Rice Krispies® 35mg Prepared hot cereals, 1 cup: Cream of wheat® 48mg Grits 51mg Malt-o-meal® 31mg Oatmeal 131mg Crackers, 4 squares 15mg Croissant, small 67mg Muffins, small: Banana 65mg Blueberry 70mg Wheat bran 60mg Pasta, 1/2 cup, cooked 45mg Pancake, buttermilk, 2 small 110mg Rice, white, 1/2 cup, cooked 33mg Roll, dinner, small 40mg Tortilla, corn or flour 41mg Waffles: Homemade 120mg Frozen 42mg	Cereal, 1 cup: Complete Bran Flakes® 228mg Frosted Mini Wheats® 190mg Muffin, oat bran, small 289mg Pancakes, wheat, 2 small 250mg 	Cereal, 1 cup: Raisin bran® 372mg All bran® 678mg Granola, w/raisins 420mg 

Other

Low Potassium	Medium Potassium	High Potassium
---------------	------------------	----------------

Less than 150mg/serving	151-250mg/serving	More than 251mg/serving
Beer, 12 oz 89mg	Chocolate bar (1.5 oz) 169mg	Cheeseburger, plain 285mg
Coffee, 1 cup 128mg	Cocoa mix, made w/water	Chili, w/beans, 1cup 691mg
Red wine, 3.5 oz 115mg	1 cup 202mg	Cocoa mix, sugar-free, made
White wine, 3.5 oz 82mg	Eggnog, ½ cup 210mg	w/water, 1 cup 405mg
Cake,	Pie, pecan, ⅛ pie 162mg	Pie, pumpkin, ⅛ pie 288mg
Angel food, 1” slice 26mg	Soup, made w/water, 1 cup:	Potato chips, 1 oz bag:
Chocolate, 2 x 2” 126mg	Split pea 190mg	BBQ 357mg
White, 2 x 2” 70mg	Vegetable beef 173mg	Plain 361mg
Carbonated beverages:		Low fat 491mg
Cola, 12 fl oz 4mg		Salt substitute, ¼ tsp 800mg
Lemon/lime, 12 fl oz 4mg		Soup, made w/water, 1 cup:
Orange, 12 fl oz 7mg		Chicken vegetable 367mg
Catsup, 2 Tblsp 144mg		Clam chowder 300mg
Cookies, 1 each		Minestrone 313mg
Chocolate chip 36mg		Tomato 264mg
Fig bar 33mg		Taco, small 474mg
Grahams, 2 squares 19mg		Trail mix, ½ cup:
Oatmeal raisin 36mg		Regular or Tropical 495mg
Peanut butter 46mg		
Sugar 11mg		
Vanilla wafer 4mg		
Gelatin, ½ cup 1mg		
Pie:		
Apple, ⅛ pie 122mg		
Cherry, ⅛ pie 139mg		
Popcorn, 1 cup 25mg		
Pretzels, 10 each 88mg		
Sherbet, orange, ½ cup 71mg		
Soup, made w/water, 1 cup:		
Beef noodle 100mg		
Chicken noodle 108mg		
Cream of chicken 88mg		
Cream of mushroom 100mg		
Tortilla chips, 1 oz bag:		
plain/nacho cheese 60mg		
Tea, 1 cup 88mg		



***Remember:**

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

Approved: __/__/2004



Reference: USDA Nutrient Database for Standard Reference: www.nal.usda.gov.