

FOODS HIGH IN POTASSIUM
(More than 500mg. Per 100gm.)

	AVERAGE SERVING		POTTASIUM, MG.	
	Weight, Grams	Approximate Measure	Per Serving	Per 100 Grams
Milk, whole*	240	1/2 pint	353	147
Grapefruit juice, canned*	240	8 ounces	360	150
Orange juice, fresh*	240	8 ounces	415	173
Tomato juice*	240	8 ounces	552	230
Almonds	30	1 ounce	229	762
Apricots, dried	15	4 halves	255	1700
Avacado	100	1/2	510	510
Lima beans, canned and frozen	75	1/2 cup	473	630
Beet greens	75	1/2 cup	417	556
Brazil nuts	30	1 ounce	203	677
Cashews	30	1 ounce	168	560
Cereals				
Bran	30	1 ounce	323	1078
Whole grain	15 (dry)	1/2 cup (cooked)	218	1450
Chard, large leaves	75	1/2 cup	563	720
Chocolate, unsweetened, bitter	30	1 ounce	249	830
Cocoa, plain	7	1 tablespoon	98	1400
Coconut, dry	30	1 ounce (1/2 cup)	224	745
Currants, dried	30	1 ounce (3 tablespoons)	189	629
Dates	30	1 ounce (3 to 4)	233	778
Figs, dried	30	1 ounce (2 small)	234	780
Lentils, dried	100	1/2 cup	1200	1200
Molasses, medium	80	1/4 cup	850	1063
Parsnips	75	1/2 cup	387	516
Peas, dry	30	1/2 cup, cooked	296	985
Peaches, dried	30	1 ounce (4 medium halves)	330	1100
Peanuts	30	1 ounce	197	656
Peanut butter	15	1 tablespoon	123	820
Pecans	30	1 ounce	154	512
Potatoes	100	1/2 cup	532	532

(Continued on the reverse side)

	AVERAGE SERVING		POTTASIUM, MG.	
	Weight, Grams	Approximate Measure	Per Serving	Per 100 Grams
Sardines, caned in oil	90	3 ounces	459	510
Sirup, sorghum	20	1 tablespoon	120	600
Spinach, fresh	75	1/2 cup	440	586
Tomato catsup	17	1 tablespoon	136	800
Walnuts	30	1 ounce	158	525
Yeast, bakers	30	1 ounce	201	670

*included in table for comparative purposes

Adapted from Sodium-Restricted Diets, Food and Nutrition Board, National Academy of Sciences- National Research Council. Publication 325, July, 1954 (out of print). Reviewed 1981.