



HIGH POTASSIUM FOOD LIST



mycardiologist

HOW DO POTASSIUM LEVELS AFFECT MY OVERALL HEALTH?

USE THIS FOODS LIST AS A GUIDE TO ENSURE
YOU ARE CONSUMING ADEQUATE AMOUNTS OF POTASSIUM EACH DAY.

People with low intakes of potassium have an increased risk of developing high blood pressure, especially if their diet is high in salt (sodium). Increasing the amount of potassium in your diet and decreasing the amount of sodium might help lower your blood pressure and reduce your risk of stroke.

A low potassium level can make muscles feel weak, cramp, twitch, and abnormal heart rhythms may develop.

Your provider may have a daily potassium intake goal for you, which they may note here:

_____ milligrams (mg) potassium per day.

In general, the recommended daily intake of potassium is 3,400 mg per day for males and 2,600 mg per day for females.

Keep in mind that serving sizes are important. The more servings of high potassium foods you consume, the more your potassium blood levels will rise.

Actual values may vary depending on the product or processing. You can also refer to food labels or other resources for actual values.

POTASSIUM-RICH VEGETABLES (Greater than 200 mg/serving)

FOOD	SERVING SIZE	AMOUNT OF POTASSIUM (MG)
Artichoke, cooked	1 medium	345
Avocado, raw	1/4 each	245
Bok Choy, cooked	1/2 cup	316
Broccoli, cooked	1/2 cup	316
Greens, Beet, cooked	1/2 cup	655
Pumpkin, canned	1/2 cup	250
Sweet Potatoes, baked with skin	1 medium	450
Tomatoes, raw	1 medium	290
Tomato Juice	1/2 cup	275
White Potatoes, baked with skin	1 medium	925
White Potatoes, boiled	1/2 cup	255
White Potatoes, mashed	1/2 cup	330
Winter Squash, cooked	1/2 cup	250
Zucchini, cooked	1/2 cup	220

POTASSIUM-RICH FRUITS (Greater than 200 mg/serving)

FOOD	SERVING SIZE	AMOUNT OF POTASSIUM (MG)
Banana, raw	1 medium	425
Cantaloupe	1/2 cup	215
Figs, dried	2 each	260
Kiwi, raw	1 medium	240
Mango, raw	1 each	325
Nectarine, raw	1 each	275
Oranges, raw	1 each	240
Orange Juice	1/2 cup	235
Pomegranate, raw	1 whole	400
Raisins	1/4 cup	270



OTHER POTASSIUM-RICH FOODS

FOOD	SERVING SIZE	AMOUNT OF POTASSIUM (MG)
OTHER POTASSIUM-RICH FOODS		
Chocolate	1 1/2 ounce bar	165
Coconut Milk	1 cup	497
Coconut Water, ready-to-drink	1 cup	404
Chocolate Milk	1 cup	420
Milk, fat free or low fat	1 cup	350-380
Nuts (almonds, peanuts, hazelnuts, brazil, cashew, mixed)	1 oz	200
Soy Milk	1 cup	300

EATING LOWER-POTASSIUM FOODS CAN HELP ACHIEVE YOUR DAILY POTASSIUM GOAL AS WELL.

Here are some additional fruits and vegetables that can add to your daily potassium intake.

LOWER POTASSIUM FOODS (Less than 200 mg/serving)

FOOD	SERVING SIZE	AMOUNT OF POTASSIUM (MG)
Apples, raw/cooked	1 each	150
Applesauce	1/2 cup	90
Apple Juice	1/2 cup	150
Blackberries, raw	1/2 cup	115
Blueberries, raw	1/2 cup	60
Canned Fruit Cocktail	1/2 cup	97
Cherries, raw or canned	10 each	150
Cranberry Juice Cocktail	1/2 cup	20
Grapes, raw	1/2 cup	155
Grape Juice	1/2 cup	170
Lemons and limes, raw	1 each	170
Mandarin Oranges, canned	1/2 cup	99
Peaches, canned	1/2 cup	120
Peach nectar	1/2 cup	50
Peaches, raw	1 each	185
Pears, canned	1/2 cup	120
Pear nectar	1/2 cup	35
Pear, raw/cooked	1 each	193
Pineapple Juice	1/2 cup	165
Plums, raw	1 each	105
Raspberries, raw	1/2 cup	90
Strawberries, raw	1/2 cup	125
Tangerines, raw	1 each	140
Watermelon, raw	1/2 cup	85
Fortified Cereals	Varies	See Package Labeling

HAVE QUESTIONS OR NEED ADDITIONAL INFORMATION?

Please contact Martine Altieri, PA-C, MHS at 561-338-8884



OTHER RESOURCES

Please refer to the USDA National Nutrient Database for more detailed information on the potassium content of different foods.



SERVING ALL OF SOUTH FLORIDA

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