

# Foods High in Potassium



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Some medicines or health conditions may cause a person's potassium to be too low. Your doctor may ask you to eat foods higher in potassium, such as certain fruits and vegetables.

The foods listed below are rich in potassium.

Food	Serving Size	Amount of Potassium in Milligrams (mg)
<b>Fruit</b>		
Avocado	1 cup, sliced	708
Plantain	1 cup, sliced	739
Banana	1 medium	422
Orange	1	237
Orange juice	1 cup (8 ounces)	496
Cantaloupe	1 cup	427
Dates	¼ cup	250
Grapefruit, white	1 half	175
Grapefruit, pink or red	1 half	166
Honeydew melon	1 cup	388
Kiwi	1 medium	237
Mango	1	323
Papaya	1 cup	360
Peach	1 cup	323
Prunes	¼ cup	319
Raisins, seedless	¼ cup	250
<b>Vegetables</b>		
Beets	1 cup	442
Black beans, boiled	½ cup	400
Carrot juice	½ cup (4 ounces)	345
Chinese cabbage, pak-choi, boiled	½ cup	315
Collards, boiled, chopped	1 cup	222
Edamame, cooked	½ cup	338
Lentils, boiled	½ cup	366

<b>Food</b>	<b>Serving Size</b>	<b>Amount of Potassium in Milligrams (mg)</b>
Lima beans, boiled	½ cup	365
Mashed potatoes, hash browns, potato salad, potatoes au gratin	½ cup	300
Mushrooms, cooked	½ cup	280
Pinto beans, boiled	½ cup	98
Potato, baked with skin	7 ounces	1,000
Potato, baked without skin	7 ounces	600
Split peas, cooked	½ cup	362
Spinach, boiled	½ cup	420
Sweet potato	1, 5 inches long	438
Tomato, red	1 medium	292
Tomatoes, canned	1 can	357
Tomato paste	1 can (6 ounces)	1,724
Tomato juice	1 cup (8 ounces)	556
White beans, cooked	½ cup	502
<b>Other Foods</b>		
Cream of tartar	1 teaspoon	495
Haddock, cod, flatfish, pollack, orange roughly, canned light tuna	3 ounces	200-300
Milk, 2%, 1% and fat free skim	1 cup (8 ounces)	344-382
Milk, soy	1 cup (8 ounces)	287
Oat bran, raw	½ cup	266
Salmon	½ fillet	719
Yogurt, plain	1 cup	531

**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.