

High-Potassium Foods

Anything greater than 200 milligrams per portion is considered high in potassium.

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated.

Please be sure to check portion sizes. While all the foods on this list are high in potassium, some are higher than others. For more information please visit the National Kidney Foundation at <http://www.kidney.org/>

Fruits	Vegetables	Other Foods
Apricot , raw (2 medium)	Acorn Squash	Bran/Bran products
Apricot, dried (5 halves)	Artichoke	Chocolate (1.5-2 ounces)
Avocado (¼ whole)	Bamboo Shoots	Granola
Banana (½ whole)	Baked Beans	Milk, all types (1 cup)
Cantaloupe	Butternut Squash	Molasses (1 Tablespoon)
Dates (5 whole)	Refried Beans	Nutritional Supplements: Use only under the direction of your doctor or dietitian.
Dried fruits	Beets, fresh then boiled	
Figs, dried	Black Beans	
Grapefruit Juice	Broccoli, cooked	Nuts and Seeds (1 ounce)
Honeydew	Brussels Sprouts	Peanut Butter (2 tbs.)
Kiwi (1 medium)	Chinese Cabbage	Salt Substitutes/Light Salt
Mango(1 medium)	Carrots, raw	Salt Free Broth
Nectarine(1 medium)	Dried Beans and Peas	Yogurt
Orange(1 medium)	Greens, except Kale	Snuff/Chewing Tobacco
Orange Juice	Hubbard Squash	
Papaya (½ whole)	Kohlrabi	
Pomegranate (1 whole)	Lentils	
Pomegranate Juice	Legumes	
Prunes	Mushrooms, canned	
Prune Juice	Parsnips	
Raisins	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes/Tomato products	
	Vegetable Juices	