

HIGH POTASSIUM FOODS

Potassium is a mineral your body needs to survive. What is potassium's role in the body?

- Regulates the balance of fluid in the body
- Transmits nerve signals
- Helps muscles contract
- Keeps the heart beating
- Regulates blood pressure along with calcium and magnesium

Adults need *at least* 2,000mg potassium every day. The Institute of Medicine recommends 4,700mg potassium per day. Potassium is widely available in our food supply. Focus on fruits, vegetables, whole grains and lean meats for the best sources of potassium.

Food	Serving Size	Potassium (mg)
Baked potato with skin	1 medium	1,000
Sweet potato, baked	1 medium	1,000
Salmon	6oz	750
Low-sodium tomato sauce	1 cup	750
Dates	10	541
Plain yogurt, low fat	1 cup	530
Low-sodium tomato juice	1 cup	521
Edamame (soy beans)	1/2 cup	500
Avocado	1/2 cup	500
Cantaloupe, cubed	1 cup	500
Halibut, baked	3 oz.	490
Apricots, dried	10 halves	482
Swiss chard, cooked	1/2 cup	480
Orange juice	1 cup	474
Banana	1 medium	451
Winter squash, baked	1/2 cup mashed	448
Cod, baked	3 oz.	440
Lean pork loin, broiled	3.5 oz.	430
Milk, skim	1 cup	406
Dried beans, cooked (pinto, lima)	1/2 cup	400

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HIGH POTASSIUM FOODS CONTINUED

Food	Serving Size	Potassium (mg)
Beets, cooked	1/2 cup	386
Lentils, cooked	1/2 cup	365
Low fat yogurt, fruit flavored	1 cup	358
Kidney beans, cooked	1/2 cup	356
Carrot, raw	1/2 cup	342
Grapefruit, red, pink or white	1 half	321
Spinach, raw, chopped	1 cup	312
Raisin Bran cereal	1 cup	300
Prunes	1/4 cup	300
Pumpkin pie	1 slice	289
Broccoli, cooked	1/2 cup	250
Raisins	1/4 cup	250
Peanut butter	2 Tbsp.	250