



Foods High in Potassium

There are many medications and conditions that may lower your potassium level. You can increase your potassium by eating one or more servings of these potassium-rich foods.

Fruit

Food	Serving Size	Amount of Potassium in mg's
Avocado	1 cup, sliced	708
Banana	1 medium	422
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
Orange	1	237
Orange juice	1 cup (8 ounces)	496
Papaya	1 cup	360
Peach	1 cup	323
Plantain	1 cup, sliced	739
Prunes	¼ cup	319
Raisins, seedless	¼ cup	250

Fish/Dairy

Food	Serving Size	Amount of potassium in mg's
Cream of tartar	1 teaspoon	495
Fish (haddock, cod, flatfish, Pollack, 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
Salmon	½ fillet	719
Yogurt, plain	1 cup	531

Vegetables

Food	Serving Size	Amount of potassium in mg's
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
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	1000
Potato, baked, without skin	7 ounces	600
Split peas, cooked	½ cup	362
Spinach, boiled	½ cup	420
Sweet potato	1	438
Tomato, red	1 medium	292
Tomatoes, canned	1 can	357
Tomato paste	1 can (6 ounces)	1724
Tomato juice	1 cup (8 ounces)	556
White beans, cooked	½ cup	502

If you have any questions about your medical condition or medications, please talk to your Primary Care Provider.