

POTASSIUM FINDER

Prosci
Gel Caps
(Calcium Acetate)
587 mg

LOW POTASSIUM

HIGHER POTASSIUM

HIGHEST POTASSIUM

Beverages

in milligrams



To 150 mg.

Apple juice, 1/2 cup, 148
Coffee, 6 oz., brewed, 124
Cranberry juice, 1/2 cup, 31
Ginger ale, 12 ounces, 4
Tea, 6 ounces, brewed, 27

From 151 to 200 mg.

Grape juice, cnd. or bottle, 1/2 cup, 167
Grapefruit juice, cnd., unsw., 1/2 cup, 189
Pineapple juice, cnd., unsw., 1/2 cup, 168

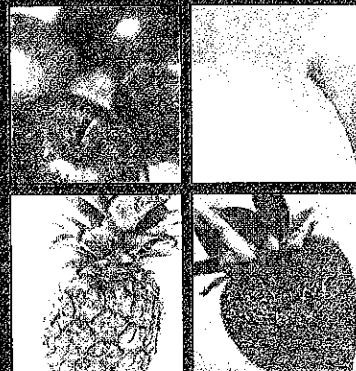
201 or more mg.

Milk, whole, 1 cup, 370; skim, 412 †
Milk, 1% lowfat, 1 cup, 381-397 †
Orange juice, fresh, 1/2 cup, 248
Soy milk, 1 cup, 338

TIP: Instant powdered drinks and carbonated sodas usually contain potassium or sodium preservatives. Consult your physician or dietitian before consuming.

Fruit

portions = 1/2 cup raw, unless otherwise stated



To 120 mg.

Apples, peeled, sliced, 62
Applesauce, cnd., sweetened, 78; unsw. 92
Apricot, 1 medium, 105
Blueberries, raw, 65
Cherries, sour, red, cnd., water pack, 120
Cranberries, raw, 39
Cranberry sauce, cnd., sweetened, 36
Fig, fresh, 1 medium, 116
Fruit cocktail, cnd., heavy syrup, 112; juice pack, 118
Grapes, Thompson seedless, ten, 93
Grapes, Tokay, Emperor seeded, ten, 105
Lemon, 1 medium, 80
Lime, 1 medium, 68
Peaches, cnd., heavy syrup, 118
Pears, ckd., heavy syrup, 83; juice pack, 119
Pineapple, raw, diced, 88
Plums, cnd., heavy syrup, 118
Plums, raw, 1 medium, 114
Raspberries, raw, 94
Rhubarb, ckd., with sugar, 115
Watermelon, diced, 93

From 121 to 250 mg.

Apricots, cnd., heavy syrup, 181; juice pack, 205
Blackberries, raw, 141
Cherries, sweet, ten, 152
Elderberries, raw, 203
Grapefruit, 1/2 medium, 167
Grapefruit, cnd., with syrup, 164
Orange, 1 medium, 237
Peach, 1 medium, 171
Peaches, cnd., juice pack, 159
Pear, Asian, 1 medium, 148
Pear, 1 medium, Bosc, 176; Bartlett, 208; D'Anjou, 250
Pineapple, cnd. pieces, heavy syrup, 133
Pineapple, cnd. pieces, juice pack, 153
Plums, cnd., juice pack, 194
Pricklypear, 1 medium, 226
Raspberries, frozen, sweetened, 143
Strawberries, raw, 124
Strawberries, frozen, sweetened, sliced, 125
Tangerine, 1 medium, 132

251 or more mg.

Apricots, dried, uncooked, 896
Apricots, dried, ckd. unsw. + liquid, 611
Avocado, 1/2 medium, California, 549; Florida, 742
Banana, medium, 451
Cantaloupe, 1/4 medium, 413
Dates, chopped, 581
Figs, five dried, 666
Honeydew melon, 1/4 medium, 875
Kiwifruit, 1 medium, 252
Mango, 1 medium, 323
Nectarine, 1 medium, 288
Papaya, 1/2 medium, 390
Peaches, dried, ckd., unsw. + liquid, 413
Peaches, dried, uncooked, 797
Plantain, boiled, sliced, 358
Pomegranate, 1 medium, 399
Prunes, ckd., unsw. + liquid, 354
Prunes, 5 large, dried, uncooked, 365
Raisins, seedless, 545
Sapodilla, 1 medium, 328

Vegetables & Starches

portions = 1/2 cup unless otherwise stated

To 125 mg.

Alfalfa seeds, sprouted, raw, 13
 Arugula, raw, 37
 Bagel, plain, 50
 Bamboo shoots, cnd., 53
 Beans, green, ckd. from frozen, 76
 Bean sprouts, mung, raw, 78
 Bean sprouts, mung, ckd., 63
 Bread, one slice, white, 28
 Cabbage, raw, red, 72; common, 86 *
 Carrots, ckd. from frozen, 116
 Cauliflower, ckd. from frozen, 125 *
 Collards, leaves, ckd. from raw, 84*
 Corn, ckd. from frozen, 114
 Cucumbers, sliced, 84
 Dandelion greens, ckd., 121 *
 Eggplant, steamed, 119
 Endive, raw, 79 *
 Jicama, raw, 98
 Leeks, ckd. from raw, 46; raw, 94
 Lettuce, iceberg, 1 cup, 87 *
 Mustard greens, ckd. from frozen, 104 *
 Oatmeal, regular, 3/4 cup, 99 †
 Onions, raw, diced, 124
 Pasta, plain, "al dente," 1 cup, 103
 Peppers, sweet, raw, 89; ckd., 113
 Popcorn, air popped, 1 cup, 20
 Psyllium husk fiber, 1 T., 3
 Radicchio, raw, shredded, 60
 Rice, ckd., white, 29; brown, 69
 Turnips, white, cubes, ckd. from raw, 106
 Water chestnuts, cnd., 83

From 125 to 250 mg.

Asparagus, ckd. from frozen, 196
 Beans, green, ckd. from raw, 185
 Bread, pumpernickel, 1 slice, 141 †
 Broccoli, ckd. from frozen, 167
 Broccoli, ckd. from raw, 127 *
 Brussels sprouts, ckd. from raw, 246
 Cabbage, common, ckd., 154
 Carrots, ckd. from raw, 177
 Carrots, raw, grated, 178
 Cauliflower, ckd. from raw, 202
 Cauliflower, raw florets, 178 *
 Celeriac, ckd., 134; raw, 234
 Celery, raw, diced, 171
 Chickpeas, ckd., drained, 239
 Collards, ckd. from frozen, 214
 Corn, ckd. from raw, 204
 Fennel bulb, raw, sliced, 180
 Kale, ckd. from frozen, 209
 Kale, ckd. from raw, 148 *
 Lettuce, romaine, 1 cup, 148
 Mushrooms, raw, 130
 Mustard Greens, ckd. from raw, 141
 Okra, sliced, ckd. from frozen, 215
 Onions, ckd., 160
 Parsley, raw, 166
 Peas, edible pod, ckd., 192
 Peas, green, ckd. from frozen, 134
 Peppers, hot chili, 1 raw, 153
 Radishes, raw, 144
 Scallions, raw, 138
 Squash, summer, ckd., all types, 173
 Spinach, raw, chopped, 154 *
 Tomatillos, raw, chopped, 177
 Tortillas, corn, four, 172 †
 Turnip greens, ckd. from frozen, 184
 Turnip greens, ckd. from raw, 146 *
 Turnips, white, cubes, ckd. from frozen, 142

251 or more mg.

Artichoke, 1 medium, 425
 Asparagus, ckd. from raw, 279
 Beans, black, ckd., drained, 306 †
 Beans, lima, thick, ckd. from frozen, 347 †
 Beans, lima, thin, ckd. from frozen, 370 †
 Beans, kidney, ckd., 355 †
 Beans, pinto, ckd., drained, 398 †
 Beet greens, ckd., 654 *
 Beets, ckd., diced or sliced, 265
 Black-eyed peas, ckd. from frozen, 319 †
 Black-eyed peas, ckd. from raw, 347 †
 Cabbage, pak choi, ckd., 316
 Kohlrabi, ckd., 281
 Lettuce, Boston, one 511 head, 419
 Lentils, ckd., 366 †
 Mushrooms, ckd., 278
 Okra, sliced, ckd. from raw, 257
 Parsnips, ckd., 287
 Peanuts, oil roasted, unsalted, 491 †
 Peas, split, ckd., 355 †
 Potato, baked, 1 large, no skin, 610
 Potato, baked, 1 large with skin, 844
 Potatoes, boiled, no skin, 256
 Pumpkin, cnd., 253
 Pumpkin, ckd. from raw, 282
 Rutabagas, cubes, cooked, 277
 Soybeans, ckd., 486 †
 Spinach, ckd. from frozen, 283
 Spinach, ckd. from raw, 420 *
 Squash, winter, ckd., all types, 448
 Sweet potato, 1 medium, baked, 397
 Sweet potatoes, peeled, boiled, 301
 Swiss chard, ckd. from raw, 483 *
 Tomato, raw, 1 medium, green, 251
 Tomato, raw, 1 medium, red, 273

TIP: To reduce potassium content of vegetables, boil in large amount of water, rinse and drain. All salt substitutes and many preservatives contain potassium, phosphates, and sodium. Many canned vegetables were omitted from this guide because of their high sodium content.

† Foods high in phosphorus. * Foods high in Vitamin K, a concern for those on anti-coagulant therapy.

The Agricultural Handbook Number 8, along with various other sources, was used to show potassium levels in certain foods and in creating this guide. All foods' nutrient values are subject to change. This guide and all of the information it contains is meant to assist you in following the advice of your physician and/or dietitian. This guide is not meant to take the place of medical advice and instruction.

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