

## Food Choices High in Potassium:

Meat contains Potassium

Dairy: Milk, Fat free or Skim- 407 mg/1 cup

Yogurt, plain skim milk- 579mg/8 oz

Beans: Adzuki beans- 1224 mg/1 cup

Homemade baked beans- 906 mg/1 cup

Canned Refried Beans- 676 mg/1 cup

Canned Black Turtle Beans- 739 mg/1 cup

Boiled Chickpeas (Garbanzo)- 477 mg/1 cup

Boiled Black-eyed Peas- 690 mg/ 1 cup

Canned Great Northern Beans- 920 mg/1 cup

Boiled Kidney Beans- 713 mg/ 1 cup

Boiled Baby Lima Beans- 730 mg/ 1 cup

Boiled Pinto Beans- 800 mg/ 1 cup

Boiled Mature Soybeans- 886 mg/ 1 cup

Boiled White Beans- 1004 mg/1 cup

Canned Navy Beans- 755 mg/ 1 cup

Vegetables: Boiled Artichoke- 1062 mg/1 medium

Cooked Beets- 519 mg/1 cup

Boiled Broccoli- 228 mg/  $\frac{1}{2}$  cup

Boiled Brussel Sprouts- 247 mg/  $\frac{1}{2}$  cup

Raw Carrot- 233 mg/ 1 medium

Baked Potato with Skin- 903 mg/ 1 potato

Homemade Potato au Gratin- 483 mg/  $\frac{1}{2}$  cup

Homemade Mashed Potato- 303 mg/  $\frac{1}{2}$  cup

Oriental radish, dried- 2027 mg/  $\frac{1}{2}$  cup

Boiled Spinach- 419 mg/  $\frac{1}{2}$  cup

Baked Winter Squash- 446 mg/  $\frac{1}{2}$  cup

Baked Sweet Potato- 397 mg/ 1 potato

Canned Tomato Paste- 1227 mg/  $\frac{1}{2}$  cup

Tomato Sun Dried- 1851 mg/ 1 cup

Baked Yam- 456 mg/  $\frac{1}{2}$  cup

Juices: Frozen Apple Conc- 301 mg/ 8 oz

Carrot Juice canned- 537 mg/ 6 oz

Bottles Grape Juice- 334 mg/ 8 oz

Can Sweetened Grapefruit- 405 mg/ 8 oz

Orange Juice Frozen Conc- 473 mg/ 8 oz

Tomato Juice- 400 mg/ 6 oz

Fruits: (Dried Fruits contain high amounts of Potassium)

Raw Avocado (Cali)- 1097 mg/ 1 medium

Raw Avocado (FL)- 1484 mg/ 1 medium

Banana- 451 mg/ 1 medium

Cantaloupe- 494 mg/ 1 cup

Dried Figs- 1331 mg/ 10 figs

Honeydew- 461 mg/ 1 cup

Mixed Fruit Dried- 790 mg/ 3.5 oz

Canned Pineapple- 305 mg/ 1 cup

Raisins- 1089 mg/ 1 cup

Dried Apricots- 407 mg/10 halves

Raw Kiwi- 252 mg/1 medium

Nectarines- 288 mg/1 nectarine

Orange- 237 mg/ 1 orange

Pear, Fresh- 208mg/1 pear