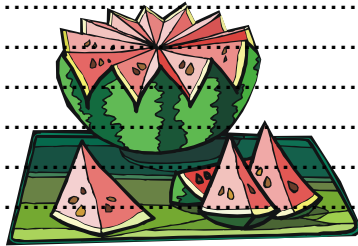


Sources of Dietary Potassium

Getting the most for the fewest calories

	Serving Size	Potassium (mg)	Calories
Fruits			
Cantaloupe	½ med. Melon	680	60
Dates	10	615	275
Avocado	½ medium	602	175
Raisins	½ cup	555	250
Apricots, dried	10 halves	480	85
Banana	1 medium	451	105
Apricots, fresh	3 medium	315	50
Peach	1 medium	305	60
Orange	1 medium	300	80
Watermelon	1 cup	186	50
Grapefruit	½ medium	135	40
Juices			
Prune	1 cup	602	180
Tomato	1 cup	550	50
Orange, frozen	1 cup	503	105
Grapefruit, frozen	1 cup	420	100
Vegetables			
Potato, baked, w/ skin	1 large	845	160
Squash, acorn	½ cup cooked	448	45
Tomato	1 medium	445	33
Spinach	½ cup cooked	415	20
Mushrooms	10 small	415	28
Lentils	½ cup cooked	365	83
Split Peas	½ cup cooked	355	104
Sweet Potato	1 large	350	200
Squash, butternut	½ cup cooked	293	50
Pumpkin, canned	½ cup cooked	275	43
Collards	½ cup cooked	263	40
Kidney beans	½ cup cooked	258	150
Lima beans	½ cup cooked	255	125
Brussels sprouts	½ cup cooked	248	30
Zucchini	½ cup cooked	227	35
Green Pepper	1 medium	215	22
Corn on the cob	1 medium	196	100
Beets, diced	½ cup cooked	140	30
Broccoli	½ cup cooked	104	20



Serving Size Potassium (mg) Calories

Dairy Products

Yogurt, low fat, plain..... 1 cup	530	150
Milk, skim..... 1 cup	355	90
whole..... 1 cup	350	160
buttermilk..... 1 cup	340	100
Cottage cheese, 2% fat..... 1 cup	217	203



Meat, fish, poultry

Flounder.....	3 oz. cooked	500	170
Sardines, drained.....	3 oz	500	310
Liver, beef.....	3 oz. cooked	375	185
Round steak.....	3 oz. cooked	325	135
Leg of lamb.....	3 oz cooked	300	220
Turkey, light meat.....	3 oz. cooked	250	175
Tuna, drained, water packed.....	3 oz.....	225	125
Chicken, white meat.....	3 oz. cooked	210	165



Nuts, Seeds

Pistachios, dried.....	1 oz.....	310	164
Peanut, in shell.....	20.....	250	210
Peanut butter.....	2 tablespoons	240	180
Pumpkin seeds, dried/roasted.....	1 oz.....	229	150
Almonds, dry roasted.....	1 oz.....	219	167
Sunflower seeds.....	1 oz.....	196	162

