



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Potassium



High potassium (more than 200 mg)

Fruits

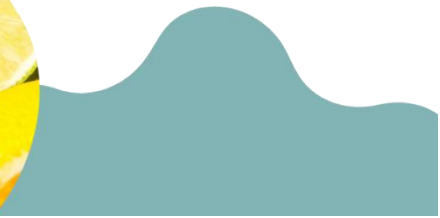
Food	Serving	Mg
Banana	1 medium	425
Pomegranate	1 whole	400
Papaya, medium	½ fruit	390
Prune juice	½ cup	370
Mango	1 each	325
Prunes	5 each	305
Nectarine	1each	275



High potassium (more than 200 mg):

Fruits

Food	Serving	Mg
Dates	5 dates	270
Figs, dried	2 each	260
Kiwi	1 medium	240
Cantaloupe	½ cup	215
Grapefruits juice	½ cup	200
Honeydew melon	½ cup	200
Apricots	2 raw or 5 dry	200



High potassium (more than 200 mg):

Vegetables

Food	Serving	Mg
Potato, baked with skin	1 medium	925
Green, beet	½ cup	655
Potato chips, salted	30 gm	465
Swiss chard	½ cup	480
Sweet potato, baked with skin	1 medium	450
Spinach	½ cup	420
Tomato sauce, puree	½ cup	400-550
Spinach, canned	½ cup	370
Artichoke	1 medium	345
Avocados, raw	¼ each	245
Potato, mashed	½ cup	330



High potassium (more than 200 mg):

Vegetables

Food	Serving	Mg
Kale, raw	1 cup	300
Tomato, canned	½ cup	200-300
Tomato, raw	1 medium	290
Winter squash	½ cup	250
Kohlrabi, rutabaga, parsnips	½ cup	280
Mushrooms	½ cup	280
Beets, raw or cooked	½ cup	260
Brussel sprouts	½ cup	250
Pumpkin, canned	½ cup	250
Broccoli	½ cup	230
Zucchini	½ cup	220



High potassium (more than 200 mg):

Beans:

Food	Serving	Mg
Beans, white, canned	½ cup	595
Lentils	½ cup	365
Dried beans and peas	½ cup	300-475



High potassium (more than 200 mg):

Meats:

Food	Serving	Mg
Clams, canned	85 gm	535
Fish, halibut, tuna, cod, snapper	85 gm	480
Beef roast	85 gm	320
Fish, salmon, haddock, swordfish	85 gm	300
Cheeseburger, single, fast food	1 each	225-400
Beef, ground	½ cup	270
Turkey	85 gm	250
Crab	85 gm	225



High potassium (more than 200 mg):

Dairy products:

Food	Serving	Mg
Milk, chocolate	1 cup	420
Milk, nonfat, low fat, whole fat	1 cup	350-380
Soy milk	1 cup	300
Yogurt, plain or fruited	170 gm	260-435



High potassium (more than 200 mg):

Nuts:

Food	Serving	Mg
Nuts, pistachios	28 gm	295
Peanut butter, chunky	2 tbsp.	240
Seeds, sunflower or pumpkin	28 gm	240
Peanut butter, smooth	2 tbsp.	210
Nuts: almonds, peanuts, hazelnuts, brazil, cashew mixed	28 gm	200



High potassium (more than 200 mg):

Starch:

Food	Serving	Mg
Cereal, 100% bran	½ cup	200-400
Granola with fruits, nuts	½ cup	200
others		
Pudding, Chocolate	½ cup	250



Moderate potassium (50-200 mg):

Fruits:

Food	Serving	Mg
Peach	1 each	185
Grapefruit	½ fruit	175
Grape juice	½ cup	170
Pineapple juice	½ cup	165
Grapes	½ cup	155
Apple	1 each	150
Apple juice	½ cup	150
Cherries	10 each	150
Apricot nectar	½ cup	140



Moderate potassium (50-200 mg):

Fruits

Food	Serving	Mg
Tangerines	1 each	140
Strawberries	½ cup	125
Peaches, canned	½ cup	120
Pear, canned	½ cup	120
Blackberries	½ cup	115
Fruit cocktail	½ cup	115
Plums	1 each	105
Pineapple, fresh or canned	½ cup	100
Apple sauce	½ cup	90
Raspberries	½ cup	90
Watermelon	½ cup	85
Blueberries	½ cup	60



Moderate potassium (50-200 mg):

Vegetables:

Food	Serving	Mg
Summer squash	½ cup	175-200
Corn	½ cup	190
Carrot, cooked or raw	½ cup	180
Spinach, raw	1 cup	170
Peppers, red	½ cup	160
Asparagus, small spears	½ cup or 6 spears	155
Celery, raw	½ cup	155
Mixed vegetables	½ cup	150
Cabbage	½ cup	150
Cauliflower	½ cup	150
Turnips	½ cup	140
Peppers, green	½ cup	130



Moderate potassium (50-200 mg):

Vegetable

Food	Serving	Mg
Onions, raw	½ cup	120
Okra	½ cup	110
Lettuce, all types	1 cup	100
Peas, green, frozen	½ cup	90
Cucumber	½ cup	80
Lemon, lime	1 each	80
Endive, raw	½ cup	80
Eggplant	½ cup	60



Moderate potassium (50-200 mg):

Beans:

Food	Serving	Mg
Beans, yellow	½ cup	190
Beans, green	½ cups	90



Moderate potassium (50-200 mg):

Meat:

Food	Serving	Mg
Shrimp	85 gm	155
Fish orange roughly	85 gm	150
Egg, large	1 each	60



Moderate potassium (50-200 mg):

Dairy products

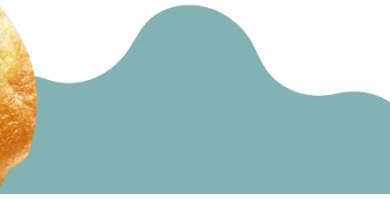
Food	Serving	Mg
Ice cream, frozen yogurt chocolate	½ cup	175
Ice cream, frozen yogurt vanilla	½ cup	120-150
Cheese, cottage	½ cup	110
Nuts		
Nuts: walnut, pecans, macadamia	28 gm	125



Moderate potassium (50-200 mg):

Starch:

Food	Serving	Mg
Quinoa	½ cup	158
Bagel, cinnamon raisin	1 each	130
Oatmeal	½ cup	80
Rice, wild	½ cup	80
Bread, whole wheat	1 slice	70
Bagel, 4" egg or plain	1 each	70
others		
Chocolate	42 gm	165
Pudding, vanilla	½ cup	150
Coffee, brewed	177 ml	90
Tea, brewed	177 ml	65



Low potassium (less than 50 mg):

Food	Serving	Mg
Fruits		
Cranberries	½ cup	45
Nectar: papaya, mango or pear	½ cup	35
Cranberry juice cocktail	½ cup	20
Starch		
Rice, white or brown	½ cup	50
Tortilla, flour or corn	1 each	50
Waffle, 4"	1 each	50
Spaghetti/macaroni, cooked	½ cup	30
Bread, white	1 slice	30



Soaking Vegetables and Beans:

Eliminating some of the potassium can be achieved by the soaking method for foods such as parsnips, sweet potatoes, beans, potatoes, winter squash and beans.

Follow the instructions below:

- Peel off and slice the vegetables very thinly, Rinse well. Put them in a warm water bowl, using four times more water than vegetables.
- Soaked vegetables can be mashed, boiled, served fresh or added in stews or soups.
- Dried beans can be soaked, then chopped and cooked, using the previous instructions. Canned beans can easily be chopped, rinsed, and soaked.

Notes:

Reference & resource

- Academy of Nutrition and Dietetics, nutrition care manual 2021 – 2022
 - All illustrations used are from Canva.com

Review & audit

This booklet has been prepared & reviewed by clinical nutritionist at King Fahd hospital of university

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