

## Food Sources of Potassium

Potassium is a mineral found naturally in many foods. It has many functions in the body such as:

- helps to regulate blood pressure
- makes nerves and muscles work.

### How Much Potassium Should I Aim For?

The recommended amount of potassium in the table below is for healthy adults. If you have kidney disease or take certain medications you may need to limit the amount of potassium your diet. Speak to your health care provider for advice on how much potassium is right for you.

<i>Age in Years</i>	<i>Recommended amount (milligrams (mg)/day)</i>	<i>Stay below</i>
Males 19 and older	3400	An upper limit for potassium has not been established
Females 19 and older	2600	
Pregnant females 19 and older	2900	
Breastfeeding females 19 and older	2800	

### Food Sources of Potassium

Potassium is found naturally in many foods. Knowing the potassium content of foods can help you make choices that fit your needs. Use the table below to find out the amount of potassium in foods. Food labels may also list potassium.

<i>Fruits Potassium (over 200 mg)</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
Sapote (casimiroa)	1 fruit	774
Durian	125 mL (½ cup)	560
Date, medjool	3 pitted fruits	501

Passion fruit (granadilla,lilikoi)	125 mL (½ cup)	434
Banana	1 medium	422
Jackfruit	125 mL (½ cup)	391
Plantain	125 mL (½ cup)	390
Guava	125 mL (½ cup)	364
Peach, fresh	1 medium	285
Fig	3 small fruits – 3.8cm diameter	279
Papaya (pawpaw, tree melon)	½ fruit	278
Raisins	60 mL (¼ cup)	275
Nectarine	1	273
Apricots, raw	3 fruits	272
Persimmon, Japanese	1 fruit (6.4 cm diameter)	270
Apricots, dried	6 halves	244
Orange	1 medium	237
Prickly Pear	1 fruit	227
Cantaloupe, cubes	125 mL (½ cup)	226
Pomegranate, seeds	125 mL (½ cup )	217
Kiwifruit	1 medium	215
Pear, raw, with skin	1 medium	206
Prunes, dried	3	209
Honeydew melon, cubes	125 mL (½ cup)	205

<i>Fruits Potassium (101-200mg)</i>	<i>Serving Size</i>	<i>Potassium</i>
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		(mg)
Apple	1 medium	195
Grapes, European types (red, green)	20	187
Rhubarb, raw	125 mL (½ cup)	186
Clementine	125 mL (½ cup)	182
Cherries, sweet	10 fruit	182
Quince	1 fruit	181
Kumquat	5 fruits	177
Mango	½ fruit	174
Lychee (litchi)	125 mL (½ cup)	172
Peaches, canned, solids and liquid	125 mL (½ cup)	169
Grapefruit, pink or red	½	166
Pineapple, canned	125 mL (½ cup)	160
Strawberries, raw	125 mL (½ cup)	134
Pears, canned, halves	125 mL (½ cup)	126
Blackberries, raw	125 mL (½ cup)	123
Fruit cocktail, canned, solids and liquid	125 mL (½ cup)	119
Groundcherry (cape gooseberry, golden berry)	125 mL (½ cup)	115
Crabapple	125 mL (½ cup)	113
Loganberry, frozen	125 mL (½ cup)	113
Plums	1	104

<i>Fruits Potassium (0-100mg)</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
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Boysenberry, frozen	125 mL (½ cup)	97
Applesauce	125 mL (½ cup)	95
Pineapple, raw	125 mL (½ cup)	95
Watermelon	125 mL (½ cup)	90
Jackfruit, canned, drained	125 mL (½ cup)	90
Rhubarb, frozen	125 mL (½ cup)	78
Blueberries, raw	125 mL (½ cup)	59
Mangosteen, canned, drained	125 mL (½ cup)	50
Cranberries (lingonberry), raw	125 mL (½ cup)	43

<i>Vegetables Potassium (over 200 mg)</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
Potato, baked with skin	1 medium	941
Tomato paste, canned	60 mL (¼ cup)	707
Beet greens, boiled, drained	125 mL (½ cup)	692
Sweet potato, baked, skin removed after baking	1 medium	542
Swiss chard, boiled, drained	125 mL (½ cup)	508
Avocado	½ whole	487
Yam, boiled, drained	125 mL (½ cup)	481
Potato, mashed with 2% milk	125 mL (½ cup)	398
Tomato sauce, canned	125 mL (½ cup)	385
Water chestnuts, raw	125 mL (½ cup)	383
Jerusalem artichoke (sunchoke), raw	125 mL (½ cup)	340
Bamboo shoots, boiled, drained	125 mL (½ cup)	338

Cabbage, bok choy, boiled, drained	125 mL (½ cup)	333
Spinach, frozen, boiled, drained	125 mL (½ cup)	303
Parsnips, boiled, drained	125 mL (½ cup)	302
Chrysanthemum greens (chop suey greens), boiled, drained	125 mL (½ cup)	301
Yucca (cassava, manioc), raw	125 mL (½ cup)	295
Tomato	1 medium	292
Beets, boiled, drained	125 mL (½ cup)	274
Chillies, hot red or green, raw	125 mL (½ cup)	269
Pumpkin, canned	125 mL (½ cup)	267
Brussels sprouts, boiled, drained	4	266
Squash, winter, all varieties, baked	125 mL (½ cup)	261
Taro shoots, cooked	125 mL (½ cup)	254
Artichoke hearts, boiled, drained	125 mL (½ cup)	254
Vegetable juice cocktail, canned	125 mL (½ cup)	247
Carrots, raw	1 large	230
Celery, cooked	125 mL (½ cup)	225
Corn, boiled, drained	1 medium ear	225
Daikon, boiled, drained	125 mL (½ cup)	221
Snow peas, boiled, drained	125mL (½ cup)	203
Asparagus, boiled, drained	6 spears	202

<i>Vegetables Potassium(101-200mg)</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
Fennel, raw	125 mL (½ cup)	190

Tomatillo (husk tomato), raw	125 mL (½ cup)	187
Squash, summer, all varieties, boiled, drained	125 mL (½ cup)	183
Spinach, raw	250 mL (1 cup)	177
Seaweed (dulse, nori), dried	125 mL (½ cup)	176
Celery, raw	125 mL (½ cup)	165
Mushrooms, white, raw	125 mL (½ cup)	161
Broccoli, raw, chopped	125 mL (½ cup)	147
Lettuce, romaine, raw	250 mL (1 cup)	146
Turnip, boiled, drained	125 mL (½ cup)	146
Celeriac (celery root), boiled, drained	125 mL (½ cup)	142
Nappa cabbage (suey choy, chinese cabbage), boiled, drained	125 mL (½ cup)	141
Daikon, raw	125 mL (½ cup)	139
Pepper, green, sweet	125 mL (½ cup)	138
Eggplant, cooked	250 mL (1 cup)	129
Fiddlehead Greens (ferns) frozen and boiled	125 mL (½ cup)	129
Sauerkraut, canned, drained	125 mL (½ cup)	128
Onion, raw	125 mL (½ cup)	123
Beans, snap (Italian, green or yellow (wax), raw	125 mL (½ cup)	123
Gai Lan (chinese broccoli/kale), boiled, drained	125 mL (½ cup)	121
Mustard greens (gai choy), boiled, drained	125 mL (½ cup)	120

Okra, boiled, drained	125 mL (½ cup)	114
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<i>Vegetables Potassium (0-100mg)</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
Chicory (Belgium endive), raw	125 mL (½ cup)	100
Squash, spaghetti, boiled, drained	125 mL (½ cup)	96
Peas, green, frozen, boiled, drained	125 mL (½ cup)	93
Cabbage, bok choy, raw	125 mL (½ cup)	93
Cauliflower, boiled, drained	125 mL (½ cup)	93
Cucumber, raw	125 mL (½ cup)	92
Water chestnuts, Chinese, canned	125 mL (½ cup)	87
Endive/escarole, raw	125 mL (½ cup)	83
Bean sprouts, raw	125 mL (½ cup)	82
Lettuce, iceberg, raw	250 mL (1 cup)	82
Jicama (yam bean), tuber root, boiled, drained	125 mL (½ cup)	74
Radicchio, raw	125 mL (½ cup)	64
Watercress, raw	125 mL (½ cup)	60
Bamboo shoots, canned	125 mL (½ cup)	55
Arugula (rocket), raw	125 mL (½ cup)	39
Wax gourd (Chinese preserving melon), boiled, drained	125 mL (½ cup)	5
Grape leaves, drained	125 mL (½ cup)	2

<i>Grains:</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
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Bran cereal, pellets or sticks	125 mL (½ cup)	340 to 442
Bran cereal, flakes	250 mL (1 cup)	320
Oatmeal, large flake, cooked	175 mL (¾ cup)	171
Quinoa, cooked	25 mL (½ cup)	168
Oat bran cereal, cooked	175 mL (¾ cup)	148
Oatmeal, instant, cooked	1 package	129
Rice, brown, cooked	125 mL (½ cup)	81
Bread, whole wheat whole grain	1 slice	71
Pasta, spaghetti, cooked	125 mL (½ cup)	33

<i>Protein Foods</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
<b>Milk, Yogurt and Cheese</b>		
Malted milk or Ovaltine <sup>®</sup> made with milk	250 mL (1 cup)	576
Chocolate milk, 1% M.F.	250 mL (1 cup)	449
Milk or buttermilk, 1% M.F.	250 mL (1 cup)	393
Yogurt, plain or fruit flavoured 1% M.F.	175 mL (¾ cup)	333
Cheese, cheddar, diced	125 mL (½ cup)	106
Cottage cheese, 1% M.F.	125 mL (½ cup)	103
<b>Beans and Lentils</b>		
Beans, baked, canned, plain or vegetarian	175 mL (¾ cup)	421 to 552
Beans, kidney, navy, black or Pinto, cooked	175 mL (¾ cup)	541



Lentils, cooked	175 mL (¾ cup)	540
Chickpea flour (besan)	125 mL (½ cup)	411
Soy beverage, fortified, all flavours	250 mL (1 cup)	380
Beans, fava or chickpeas, cooked	175 mL (¾ cup)	345
Tofu, soft, firm, extra firm	150 g (¾ cup)	182 to 222
<b>Nuts and Seeds</b>		
Pumpkin and squash seed kernels, roasted	60 mL (¼ cup)	454
Hemp seeds, hulled	60 mL (¼ cup)	448
Almonds, dry roasted	60 mL (¼ cup)	250
Peanuts, dry roasted	60 mL (¼ cup)	235
Peanut butter, natural	30 mL (2 Tbsp)	207
Cashew nuts, dry roasted	60 mL (¼ cup)	196
Sesame seeds, dried and shelled	60 mL (¼ cup)	141
Walnuts, chopped	60 mL (¼ cup)	131
Pecan, dry roasted	60 mL (¼ cup)	118
<b>Meat, Poultry, Fish and Eggs</b>		
Halibut, baked	75 g (2½ oz)	396
Salmon, spring, baked	75 g (2½ oz)	379
Trout, baked	75 g (2½ oz)	347
Beef, steak or roast, cooked	75 g (2½ oz)	206
Pork, cooked	75 g (2½ oz)	292
Turkey, light meat, cooked	75 g (2½ oz)	265
Turkey, dark meat, cooked	75 g (2½ oz)	212

Lamb, cooked	75 g (2½ oz)	264
Chicken, light and dark meat, cooked	75 g (2½ oz)	182
Tuna, light, canned	75 g (2½ oz)	134
Egg, whole, large	1	57

<i>Other Foods</i>	<i>Serving Size</i>	<i>Potassium (mg)</i>
Salt substitute, potassium based*	1.2g (¼ tsp)	610 to 651
Chocolate (45 to 59% solids)	100 g	559
Molasses, blackstrap	15 mL (1 Tbsp)	518
Almond beverage, fortified, vanilla	250 mL (1 cup)	375
Molasses, fancy	15 mL (1 Tbsp)	311
Worcestershire sauce	15 mL (1 Tbsp)	135
Coffee, brewed	250 mL (1 cup)	123
Tea, brewed	250 mL (1 cup)	93
Rice beverage, fortified	250 mL (1 cup)	70
Soy sauce, regular, tamari or shoyu	15 mL (1 Tbsp)	39 to 82
Maple syrup	15 mL (1 Tbsp)	45
Sweet and sour sauce, commercial	15 mL (1 Tbsp)	18

Source: Government of Canada Canadian Nutrient File. (Accessed July 2019)  
<https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>

\*Many salt substitutes are high in potassium. Check with your health care provider to see they are a suitable choice for you.



## Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call **8-1-1** and ask to speak to a HealthLink BC dietitian.

For additional information, see the following resources:

- HealthLink BC [www.healthlinkbc.ca](http://www.healthlinkbc.ca) – Get medically approved non-emergency health information.
- Dietitian Services Fact Sheets - Available by mail (call **8-1-1**) or visit [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating)

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## Notes

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