
Potassium

HIGH POTASSIUM FOODS 250 mg. or more per serving

BREAD/CEREAL/STARCH

All Bran (1/2 c.)
Dried beans and peas (1/3 c.)

VEGETABLES

Asparagus (1/2 c.)
Artichoke (1)
Greens: beet, collard, turnip (1 c.)
Parsnips (1/2 c.)
Pumpkin (1/2 c.)
Spinach (1/2 c.)
Sweet Potatoes (small)
Tomato, raw (1)
Tomato or vegetable juice (1/2 c.)
Okra (pods) (1/2 c.)
Green pepper, raw (1 c.)
Baked potato (small)
Mashed potato (1/2 c.)
Winter Squash (1/2 c.)

DAIRY PRODUCTS

Buttermilk (1 c.)
Milk (1 c.)
Yogurt (1 c.)

FRUITS

Apricots (4)
Banana, large (1/2)
Figs, dried (1 1/2)
Kiwi fruit (1)
Mango (1 medium)
Nectarine (1)
Orange (1)
Papaya (1/2)
Peach (1)
Raisins (1/4 c.)
Rhubarb, cooked (1/2 c.)
Prune juice (1/3 c.)
Orange juice (1/2 c.)

MISCELLANEOUS

Potato Chips (1 oz.)
Cocoa (1 c.)
Nuts (1/4 c.)
Avocados (1/4)
Molasses, black (1 T.)
Sugar, brown (1 c.)



I must need a boatload
of potassium!

