

What foods are high in potassium (greater than 200 milligrams per portion)?

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated. **Please be sure to check portion sizes.** While all the foods on this list are high in potassium, some are higher than others.

High-Potassium Foods		
Fruits	Vegetables	Other Foods
Apricot, raw (2 medium) dried (5 halves)	Acorn Squash	Bran/Bran products
Avocado (¼ whole)	Artichoke	Chocolate (1.5-2 ounces)
Banana (½ whole)	Bamboo Shoots	Granola
Cantaloupe	Baked Beans	Milk, all types (1 cup)
Dates (5 whole)	Butternut Squash	Molasses (1 Tablespoon)
Dried fruits	Refried Beans	Nutritional Supplements: Use only under the direction of your doctor or dietitian.
Figs, dried	Beets, fresh then boiled	Nuts and Seeds (1 ounce)
Grapefruit Juice	Black Beans	Peanut Butter (2 tbs.)
Honeydew	Broccoli, cooked	Salt Substitutes/Lite Salt
Kiwi (1 medium)	Brussels Sprouts	Salt Free Broth
Mango(1 medium)	Chinese Cabbage	Yogurt
Nectarine(1 medium)	Carrots, raw	Snuff/Chewing Tobacco
Orange(1 medium)	Dried Beans and Peas	
Orange Juice	Greens, except Kale	
Papaya (½ whole)	Hubbard Squash	
Pomegranate (1 whole)	Kohlrabi	
Pomegranate Juice	Lentils	
Prunes	Legumes	
Prune Juice	White Mushrooms, cooked (½ cup)	
Raisins	Okra	
	Parsnips	
	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes/Tomato products	
	Vegetable Juices	

What foods are low in potassium?

The following table list foods which are low in potassium. A portion is ½ cup unless otherwise noted. Eating more than 1 portion can make a lower potassium food into a higher potassium food.

Low-Potassium Foods		
Fruits	Vegetables	Other Foods
Apple (1 medium)	Alfalfa sprouts	Rice
Apple Juice	Asparagus (6 spears raw)	Noodles
Applesauce	Beans, green or wax	Pasta
Apricots, canned in juice	Broccoli (raw or cooked from frozen)	Bread and bread products (Not Whole Grains)
Blackberries	Cabbage, green and red	Cake: angel, yellow
Blueberries	Carrots, cooked	Coffee: limit to 8 ounces
Cherries	Cauliflower	Pies without chocolate or high potassium fruit
Cranberries	Celery (1 stalk)	Cookies without nuts or chocolate
Fruit Cocktail	Corn, fresh (½ ear) frozen (½ cup)	Tea: limit to 16 ounces
Grapes	Cucumber	
Grape Juice	Eggplant	
Grapefruit (½ whole)	Kale	
Mandarin Oranges	Lettuce	
Peaches, fresh (1 small)	Mixed Vegetables	
canned (½ cup)	White Mushrooms, raw (½ cup)	
Pears, fresh (1 small)	Onions	
canned (½ cup)	Parsley	
Pineapple	Peas, green	
Pineapple Juice	Peppers	
Plums (1 whole)	Radish	
Raspberries	Rhubarb	
Strawberries	Water Chestnuts, canned	
Tangerine (1 whole)	Watercress	
Watermelon (limit to 1 cup)	Yellow Squash	
	Zucchini Squash	

How do I get some of the potassium out of my favorite high-potassium vegetables?

The process of leaching will help pull potassium out of some high-potassium vegetables. It is important to remember that leaching will not pull all of the potassium out of the vegetable. You must still limit the amount of leached high-potassium vegetables you eat. Ask your dietitian about the amount of leached vegetables that you can safely have in your diet.

How to leach vegetables.

For Potatoes, Sweet Potatoes, Carrots, Beets, Winter Squash, and Rutabagas:

1. Peel and place the vegetable in cold water so they won't darken.
2. Slice vegetable 1/8 inch thick.
3. Rinse in warm water for a few seconds.
4. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
5. Rinse under warm water again for a few seconds.
6. Cook vegetable with five times the amount of water to the amount of vegetable.