

POTASSIUM RICH FOODS

BASIC INFORMATION:

Potassium is the predominant positively charged electrolyte in body cells. The flow of potassium and sodium in and out of the cells helps maintain the normal functioning of the heart, brain, kidney and skeletal muscles. It promotes regular heart beat, muscle contractions and nerve transmissions. A potassium enriched diet may be recommended for a patient with low serum potassium levels. Low levels of potassium seldom result from dietary deficiency since many foods contain potassium. Instead, the low level is usually due to illness, injury or trauma, or from certain drugs such as some diuretics and steroids.

Foods High in Potassium	Amount of Serving	Potassium (mg)
Cereals		
Kellog's All Bran	1/2 cup	532
Nabisco 100% Bran	1/2 cup	354
Bran Flakes	1 cup	251
Shredded Wheat	1 cup	155
Fruit		
Orange juice	1 cup	479
Dried apricots	1/4 cup	454
Cantaloupe	1/4 medium	412
Prunes	1/4 cup	353
Banana	1 small	338
Grapefruit juice (canned)	1 cup	360
Tomato juice	1 cup	552
Avocado	1/2	510
Peaches, dried	4 medium halves	330
Raisins	3 tablespoons	225
Cooked Beans		
Pinto beans	1/2 cup	531
Kidney beans	1/2 cup	452
Lentils	1/2 cup	374
Black beans	1/2 cup	309
Canned beans	1/2 cup	332
Vegetables		
Baked potato	1 medium	593
Baked winter squash	1 cup	590
Baked sweet potato	3/4 cup	528
Beet greens	1/2 cup	417
Chard (large leaves)	1/2 cup	563
Peas (cooked)	1/2 cup	296
Spinach (fresh)	1/2 cup	440
Lima beans (canned or frozen)	1/2 cup	473
Other		
Canned tomato sauce	1/2 cup	459
Blackstrap molasses	2 tablespoons	1218
Sardines (canned in oil)	3 ounces	459
Chocolate (unsweetened/bitter)	1 ounce	249

According to the FDA's (Food and Drug Administration's) food labeling guidelines (effective 5/94), the listing of the potassium content on food products is a voluntary, rather than a mandatory one. Therefore, even if potassium isn't shown on the label, it can still be a component.

Adapted in part from the Canyon Ranch Dietary Department 1994.