



# Nutrition Keynotes



## Potassium Content of Foods

### Goal:

*If you need to restrict potassium, choose low- to medium-potassium foods.*

*To replace potassium lost from medications, vomiting, or diarrhea, choose high- or very-high-potassium foods.*

<p><b>Low-Potassium Foods</b> (less than 150 mg potassium per ½ cup)</p>	<p><b>Fruits:</b> Apples, blueberries, cranberries, fruit cocktail, grapes, canned peaches, canned pears, pineapple.</p> <p><b>Vegetables:</b> Alfalfa sprouts, asparagus, bean sprouts, bell peppers, cabbage, cauliflower, chayote, raw celery, cucumbers, eggplant, green beans, green onions, jicama, kale, leeks, lettuce, raw mushrooms, radishes, tomatillos, turnips, water chestnuts.</p>
<p><b>Medium-Potassium Foods</b> (150 to 250 mg potassium per ½ cup)</p>	<p><b>Fruits:</b> Banana (½), blackberries, boysenberries, cherries, grapefruit, kumquats, lychees, mandarin oranges, mangos, oranges, peaches, pears, plums, raspberries, strawberries, tangerines, watermelon.</p> <p><b>Vegetables:</b> Broccoli, carrots, chili peppers, collards, corn, okra, onions, snow peas, raw spinach, squash (crookneck, scallop, zucchini), turnip greens.</p>
<p><b>High-Potassium Foods</b> (more than 250 mg potassium per ½ cup)</p>	<p><b>Fruits:</b> Apricots, bananas, guavas, dried fruits, nectarines, oranges, papayas, plantains, pomegranates, prunes.</p> <p><b>Vegetables:</b> Bamboo shoots, beans, beets, bitter melons, bok choy, brussels sprouts, Chinese cabbage, cooked mushrooms, all potatoes, parsnips, pumpkins, nopales, winter squash, tomatoes, vegetable juice, yams.</p> <p><b>Other foods:</b> Dairy products, chocolate, carob, salt substitutes containing potassium, molasses, nuts, peanut butter, bran products, granola, nutritional supplements.</p>
<p><b>Very-High-Potassium Foods</b> (more than 400 mg potassium per ½ cup)</p>	<p><b>Fruits:</b> Cantaloupe, casaba melon, honeydew melon.</p> <p><b>Vegetables:</b> Artichokes, avocados, beet greens, cooked spinach, Swiss chard.</p>

For more information, please contact your registered dietitian or local Health Education Department.