

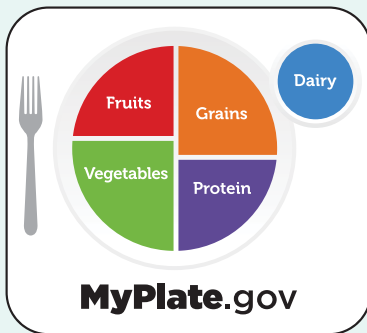
Food Sources of Potassium

Your body needs potassium for almost everything it does, including helping your kidneys, heart, muscles, and nerves work properly. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.



Did you know that you can get potassium from many different food groups?

Here are a few examples:



Cooked leafy greens such as beet greens or spinach; beans such as adzuki or white beans; and other vegetables such as potatoes, yams, avocado, and cauliflower



Fruit such as jackfruit, cantaloupe, bananas, cherries, and peaches



Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions and fortified soy milk



Seafood such as tilapia or clams; soy products such as tempeh or tofu; and meat such as lean bison, pork, or beef

Looking for more sources of potassium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and potassium needs.

Nutrient-dense Food and Beverage Sources of Potassium

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Beet greens, cooked	1/2 cup	655		
Fufu, cooked	1/2 cup	540		
Swiss chard, cooked	1/2 cup	481		
Lima beans (white), cooked*	1/2 cup	478		
Potato, baked, with skin	1/2 medium	463		
Yam, cooked	1/2 cup	456		
Acorn squash, cooked	1/2 cup	448		
Amaranth leaves, cooked	1/2 cup	423		
Spinach, cooked	1/2 cup	420		
Breadfruit, cooked	1/2 cup	404		
Bamboo shoots, raw	1/2 cup	403		
Water chestnuts	1/2 cup	362		

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Carrot juice, 100%	1/2 cup	345		
Taro leaves, cooked	1/2 cup	334		
Plantains, cooked	1/2 cup	332		
Taro root (dasheen or yautia), cooked	1/2 cup	320		
Adzuki beans, cooked*	1/4 cup	306		
Cress, raw	1 cup	303		
Butternut squash, cooked	1/2 cup	291		
Parsnips, cooked	1/2 cup	286		
Sweet potato, cooked	1/2 cup	286		
Luffa gourd, cooked	1/2 cup	286		
Chrysanthemum leaves, cooked	1/2 cup	285		
Purslane, cooked	1/2 cup	281		
Kohlrabi, cooked	1/2 cup	281		
Broccoli rabe (rapini), cooked	1/2 cup	275		
Drumstick pods (moringa), cooked	1/2 cup	270		
Mushrooms, portabella, cooked	1/2 cup	265		
Stewed tomatoes, canned	1/2 cup	264		
Tomato juice, 100%	1/2 cup	264		
Vegetable juice, 100%	1/2 cup	259		
Mustard spinach, cooked	1/2 cup	257		
Pumpkin, canned	1/2 cup	253		
White beans, cooked*	1/4 cup	251		
Winter squash, cooked	1/2 cup	247		
Artichoke, cooked	1/2 cup	240		
Celeriac, raw	1/2 cup	234		
Dandelion greens, cooked	1/2 cup	228		
Cassava (yuca), cooked	1/2 cup	226		
Burdock root, cooked	1/2 cup	225		
Bok choy, cooked	1/2 cup	223		
Soybeans, cooked*	1/4 cup	222		
Lotus root, cooked	1/2 cup	220		
Poi (taro root)	1/2 cup	220		
Pink beans, cooked*	1/4 cup	215		
Small white beans, cooked*	1/4 cup	207		
Carrots, raw	1/2 cup	205		
Black turtle beans, cooked*	1/4 cup	200		
Snow peas, cooked	1/2 cup	192		
Corn, cooked	1/2 cup	192		
Salsify, cooked	1/2 cup	191		

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Pinto beans, cooked*	1/4 cup	187		
Escarole, cooked	1/2 cup	184		
Rutabaga, cooked	1/2 cup	184		
Lentils, cooked*	1/4 cup	183		
Avocado	1/4 cup	182		
Fennel bulb, raw	1/2 cup	180		
Onions, cooked	1/2 cup	180		
Kidney beans, cooked*	1/4 cup	179		
Split peas, cooked*	1/4 cup	178		
Navy beans, cooked*	1/4 cup	177		
Great northern beans, cooked*	1/4 cup	173		
Cowpeas, dried and cooked*	1/4 cup	173		
Cranberry (roman) beans, cooked*	1/4 cup	171		
Edamame, cooked*	1/4 cup	169		
French beans, cooked*	1/4 cup	164		
Hyacinth beans, cooked*	1/4 cup	164		
Pigeon peas, cooked*	1/4 cup	161		
Cauliflower, raw	1/2 cup	160		
Red bell pepper, raw	1/2 cup	157		
Black beans, cooked*	1/4 cup	153		
Nettles, cooked	1/2 cup	149		
Summer squash, cooked	1/2 cup	148		
Turnip greens, cooked	1/2 cup	146		
Nopales, cooked	1/2 cup	146		
Yellow beans, cooked*	1/4 cup	144		
Fava beans, cooked*	1/4 cup	114		
Collard greens, cooked	1/2 cup	111		
Fruits				
Sapote or Sapodilla	1/2 cup	397		
Jackfruit	1/2 cup	370		
Prune juice, 100%	1/2 cup	354		
Guava	1/2 cup	344		
Passion-fruit juice, 100%	1/2 cup	344		
Soursop	1/2 cup	313		
Kiwifruit	1/2 cup	281		
Pomegranate juice, 100%	1/2 cup	267		
Durian	1/4 cup	265		
Orange juice, 100%	1/2 cup	248		

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Fruits				
Melon, cantaloupe	1/2 cup	237		
Cherimoya	1/2 cup	230		
Banana	1/2 medium	226		
Tangerine juice, 100%	1/2 cup	220		
Grapefruit	1/2 fruit	208		
Pummelo or pomelo	1/2 cup	205		
Apricots	1/2 cup	201		
Peaches, dried	1/8 cup	200		
Loquats	1/2 cup	198		
Melon, honeydew	1/2 cup	194		
Apricots, dried	1/8 cup	189		
Grapefruit juice, 100%	1/2 cup	181		
Pineapple juice, 100%	1/2 cup	163		
Lychee	1/2 cup	163		
Mandarin orange	1/2 cup	162		
Tangerine (tangelo)	1/2 cup	162		
Prunes or dried plum	1/8 cup	160		
Melon, casaba	1/2 cup	155		
Raisins	1/8 cup	154		
Cherries	1/2 cup	153		
Gooseberries	1/2 cup	149		
Peach	1/2 cup	147		
Dairy and Fortified Soy Alternatives				
Yogurt, plain, nonfat	4 ounces	313		
Yogurt, plain, low fat	4 ounces	287		
Kefir, plain, low fat	1/2 cup	200		
Milk, fat free (skim)	1/2 cup	191		
Buttermilk, low fat	1/2 cup	185		
Milk, low fat (1%)	1/2 cup	183		
Yogurt, Greek, plain, nonfat	4 ounces	160		
Yogurt, Greek, plain, low fat	4 ounces	160		
Soy beverage (soy milk), unsweetened	1/2 cup	146		
Protein Foods				
Clams	1 ounce	178		
Tempeh	1/4 cup	171		
Tofu, raw, firm, prepared with calcium sulfate	1/4 cup	150		
Skipjack tuna	1 ounce	148		
Pistachio nuts	1/2 ounce	143		

FOOD	SMALLER PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
Protein Foods				
Shad	1 ounce	139		
Mullet	1 ounce	130		
Pollock	1 ounce	129		
Rainbow trout, freshwater	1 ounce	128		
Whiting	1 ounce	123		
Herring	1 ounce	119		
Goat	1 ounce	115		
Atlantic mackerel	1 ounce	114		
Sardines, canned	1 ounce	113		
Tilapia	1 ounce	108		
Cod	1 ounce	105		
Smelt	1 ounce	105		
Catfish	1 ounce	104		
Bison	1 ounce	102		
Pork	1 ounce	101		
Beef	1 ounce	99		
Deer	1 ounce	96		
Lamb	1 ounce	95		
Salmon (various)	1 ounce	~140-270		
Game meats (various)	1 ounce	~95-115		
Other Sources				
Coconut water, unsweetened	1/2 cup	198		

Notes:

* Beans, peas, and lentils are listed under Vegetables and can also be included in the Protein Foods groups.

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium.

Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice).

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Want to learn more about what and how much to eat?
 The **MyPlate Plan** can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.

