

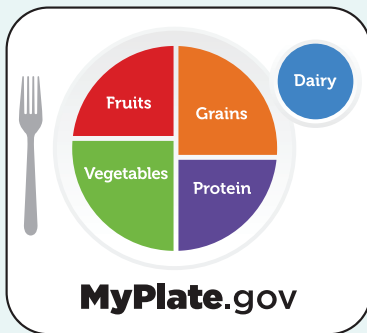
# Food Sources of Potassium

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	STANDARD PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Vegetables</b>				
Beet greens, cooked	1 cup	1,309		
Fufu, cooked	1 cup	1,080		
Swiss chard, cooked	1 cup	961		
Lima beans (white), cooked*	1 cup	955		
Potato, baked, with skin	1 medium	926		
Yam, cooked	1 cup	911		
Acorn squash, cooked	1 cup	896		
Amaranth leaves, cooked	1 cup	846		
Spinach, cooked	1 cup	839		
Breadfruit, cooked	1 cup	808		
Bamboo shoots, raw	1 cup	805		
Water chestnuts	1 cup	724		

FOOD	STANDARD PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Vegetables</b>				
Carrot juice, 100%	1 cup	689		
Taro leaves, cooked	1 cup	667		
Plantains, cooked	1 cup	663		
Taro root (dasheen or yautia), cooked	1 cup	639		
Adzuki beans, cooked*	1/2 cup	612		
Cress, raw	2 cups	606		
Butternut squash, cooked	1 cup	582		
Parsnips, cooked	1 cup	572		
Sweet potato, cooked	1 cup	572		
Luffa gourd, cooked	1 cup	571		
Chrysanthemum leaves, cooked	1 cup	569		
Purslane, cooked	1 cup	561		
Kohlrabi, cooked	1 cup	561		
Broccoli rabe (rapini), cooked	1 cup	550		
Drumstick pods (moringa), cooked	1 cup	539		
Mushrooms, portabella, cooked	1 cup	529		
Stewed tomatoes, canned	1 cup	528		
Tomato juice, 100%	1 cup	527		
Vegetable juice, 100%	1 cup	518		
Mustard spinach, cooked	1 cup	513		
Pumpkin, canned	1 cup	505		
White beans, cooked*	1/2 cup	502		
Winter squash, cooked	1 cup	494		
Artichoke, cooked	1 cup	480		
Celeriac, raw	1 cup	468		
Dandelion greens, cooked	1 cup	455		
Cassava (yuca), cooked	1 cup	451		
Burdock root, cooked	1 cup	450		
Bok choy, cooked	1 cup	445		
Soybeans, cooked*	1/2 cup	443		
Lotus root, cooked	1 cup	440		
Poi (taro root)	1 cup	439		
Pink beans, cooked*	1/2 cup	430		
Small white beans, cooked*	1/2 cup	415		
Carrots, raw	1 cup	410		
Black turtle beans, cooked*	1/2 cup	401		
Snow peas, cooked	1 cup	384		
Corn, cooked	1 cup	384		
Salsify, cooked	1 cup	382		

FOOD	STANDARD PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Vegetables</b>				
Pinto beans, cooked*	1/2 cup	373		
Escarole, cooked	1 cup	368		
Rutabaga, cooked	1 cup	367		
Lentils, cooked*	1/2 cup	366		
Avocado	1/2 cup	364		
Fennel bulb, raw	1 cup	360		
Onions, cooked	1 cup	359		
Kidney beans, cooked*	1/2 cup	359		
Split peas, cooked*	1/2 cup	355		
Navy beans, cooked*	1/2 cup	354		
Great northern beans, cooked*	1/2 cup	346		
Cowpeas, dried and cooked*	1/2 cup	345		
Cranberry (roman) beans, cooked*	1/2 cup	343		
Edamame, cooked*	1/2 cup	338		
French beans, cooked*	1/2 cup	328		
Hyacinth beans, cooked*	1/2 cup	327		
Pigeon peas, cooked*	1/2 cup	323		
Cauliflower, raw	1 cup	320		
Red bell pepper, raw	1 cup	314		
Black beans, cooked*	1/2 cup	306		
Nettles, cooked	1 cup	297		
Summer squash, cooked	1 cup	296		
Turnip greens, cooked	1 cup	292		
Nopales, cooked	1 cup	291		
Yellow beans, cooked*	1/2 cup	288		
Fava beans, cooked*	1/2 cup	228		
Collard greens, cooked	1 cup	222		
<b>Fruits</b>				
Sapote or Sapodilla	1 cup	794		
Jackfruit	1 cup	739		
Prune juice, 100%	1 cup	707		
Guava	1 cup	688		
Passion-fruit juice, 100%	1 cup	687		
Soursop	1 cup	626		
Kiwifruit	1 cup	562		
Pomegranate juice, 100%	1 cup	533		
Durian	1/2 cup	530		
Orange juice, 100%	1 cup	496		

FOOD	STANDARD PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Fruits</b>				
Melon, cantaloupe	1 cup	473		
Cherimoya	1 cup	459		
Banana	1 medium	451		
Tangerine juice, 100%	1 cup	440		
Grapefruit	1 fruit	415		
Pummelo or pomelo	1 cup	410		
Apricots	1 cup	401		
Peaches, dried	1/4 cup	399		
Loquats	1 cup	396		
Melon, honeydew	1 cup	388		
Apricots, dried	1/4 cup	378		
Grapefruit juice, 100%	1 cup	362		
Lychee	1 cup	325		
Pineapple juice, 100%	1 cup	325		
Mandarin orange	1 cup	324		
Tangerine (tangelo)	1 cup	324		
Prunes or dried plum	1/4 cup	319		
Melon, casaba	1 cup	309		
Raisins	1/4 cup	307		
Cherries	1 cup	306		
Gooseberries	1 cup	297		
Peach	1 cup	293		
<b>Dairy and Fortified Soy Alternatives</b>				
Yogurt, plain, nonfat	8 ounces	625		
Yogurt, plain, low fat	8 ounces	573		
Kefir, plain, low fat	1 cup	399		
Milk, fat free (skim)	1 cup	382		
Buttermilk, low fat	1 cup	370		
Milk, low fat (1%)	1 cup	366		
Yogurt, Greek, plain, nonfat	8 ounces	320		
Yogurt, Greek, plain, low fat	8 ounces	320		
Soy beverage (soy milk), unsweetened	1 cup	292		
<b>Protein Foods</b>				
Clams	3 ounces	534		
Skipjack tuna	3 ounces	444		
Shad	3 ounces	418		
Mullet	3 ounces	389		
Pollock	3 ounces	388		

FOOD	STANDARD PORTION	POTASSIUM (mg)	PLAN TO TRY	MY FAVORITES
<b>Protein Foods</b>				
Rainbow trout, freshwater	3 ounces	383		
Whiting	3 ounces	368		
Herring	3 ounces	356		
Goat	3 ounces	344		
Tempeh	1/2 cup	342		
Atlantic mackerel	3 ounces	341		
Sardines, canned	3 ounces	338		
Tilapia	3 ounces	323		
Cod	3 ounces	316		
Smelt	3 ounces	316		
Catfish	3 ounces	311		
Bison	3 ounces	307		
Pork	3 ounces	303		
Tofu, raw, firm, prepared with calcium sulfate	1/2 cup	299		
Haddock	3 ounces	298		
Beef	3 ounces	288		
Pistachio nuts	1 ounce	286		
Deer	3 ounces	285		
Lamb	3 ounces	285		
Salmon (various)	3 ounces	~280-535		
Game meats (various)	3 ounces	~285-345		
<b>Other Sources</b>				
Coconut water, unsweetened	1 cup	396		

**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.

This list includes "standard" portions, which provide at least 280 mg potassium. 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](https://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>.

