

Potassium Food Guide


PROTEIN

Low potassium 150 mg or less per serving		
Nuts	Serving size	Potassium (mg)
Macadamia	10-12 nuts	103
Pecans	1 ounce	120
Walnuts	14 halves	125
Seafood		
Clams, raw	3 ounces	39
Oysters, raw eastern	6 oysters (84g)	104
Salmon, smoked/Lox	3 ounces	149
Other		
Tofu, firm	3 ounces	127

Medium potassium 151-250 mg per serving		
Beans, canned	Serving size	Potassium (mg)
Black-eyed	½ cup	238
Garbanzo/Chickpea	½ can	220
Meat		
Chicken breast, boneless, skinless, roasted	3 ounces	220
Ham	4 slices	241
Nuts		
Almonds	1 ounce	198
Cashews	1 ounce	160
Brazilnut	1 ounce	187
Peanuts	28 nuts	180
Peanut butter, chunky	2 Tbsp	238
Peanut butter, smooth	2 Tbsp	179
Seafood (cooked without oils or fats)		
Cod, Atlantic	3 ounces	207
Lobster	3 ounces	196
Scallops, raw	3 ounces	174
Shrimp	3 ounces	220
Tuna, light, in water	3 ounces	201
Seeds		
Pumpkin	1 ounce	223
Sunflower	1 ounce	185

High potassium 251 mg or more per serving		
Beans	Serving size	Potassium (mg)
Soybeans (edamame), shelled	½ cup	290
Lentils (cooked from dried)	½ cup	366
Beans, canned		
Black	½ cup	370
Great Northern	½ cup	460
Kidney	½ cup	333
Lima	½ cup	440
Navy	½ cup	354
Pinto	½ cup	380
*Refried, vegetarian	½ cup	416
Meat		
Beef, ground, 80% lean	3 ounces	285
Leg of lamb	3 ounces	277
*Pork, loin/chop, bone in	4 ounces	388
Roast beef	3 ounces	298
Turkey, light/dark	3 ounces	264
*Veal shank, roasted	3 ounces	259
Nuts		
Pistachios	1 ounce	285
Seafood		
Catfish, breaded	1 fillet	296
Crab, Alaskan	1 leg	351
Haddock	1 fillet	526
Pollock	3 ounces	388
Salmon, farmed	3 ounces	326
Tuna, fresh, raw	3 ounces	375
Tuna, fresh, cooked	3 ounces	448

* = 200 mg of **phosphorus** or greater

MILK & DAIRY

Low potassium 150 mg or less per serving		
Butter	Serving size	Potassium (mg)
Butter, unsalted	1 Tbsp	3
Margarine	1 ounce	3
Cheese		
American	1 ounce	37
Blue	1 ounce	73
Cheddar	1 ounce	21
Cottage, 2% milkfat	4 ounces	141
Cream	1 ounce	37
Feta	1 ounce	18
Mozzarella, whole milk	½ cup, shredded	43
Parmesan, grated	2 Tbsp	18
Swiss	1 ounce	20
Cream		
Heavy	1 Tbsp	14
Sour	1 Tbsp	15
Eggs		
Egg, whole, fresh	1 large egg	69
Egg substitute	¼ cup	128
Ice cream		
Orange sherbet	½ cup	71
Vanilla	½ cup	131
Pudding cup		
Vanilla	3.5 ounces	63

Medium potassium 151-250 mg per serving		
Cheese	Serving size	Potassium (mg)
Ricotta, part skim	½ cup	155
Ice cream		
Chocolate	½ cup	164
Milk		
1%	½ cup	183
2%	½ cup	172
Buttermilk	½ cup	166
Chocolate (chocolate syrup + whole milk)	½ cup	205
Skim	½ cup	191
Whole	½ cup	184
Pudding, instant		
Chocolate	½ cup	239
Vanilla	½ cup	182
Pudding cup		
Chocolate	4 ounces	199
Frozen Yogurt		
Chocolate	½ cup	188
Vanilla	½ cup	152

High potassium 251 mg or more per serving		
Cheese	Serving size	Potassium (mg)
Ricotta	½ cup	272
Milk		
Condensed	½ cup	570
Evaporated	½ cup	382
Yogurt		
Plain, low fat	6 ounces	398



FRUIT & FRUIT JUICES

Low potassium 150 mg or less per serving		
Fruits	Serving size	Potassium (mg)
Apple, raw, no skin	1 medium fruit	145
Applesauce	½ cup	91
Apricot, raw	1 fruit	91
Blackberries, raw	½ cup	117
Blueberries, raw	½ cup	57
Figs, dried	2 figs	114
Fruit cocktail, heavy syrup	½ cup	109
Grapes	10 grapes	94
Lemon	1 fruit	116
Mango	½ cup pieces	139
Peaches, canned, in juice	½ can, with ½ liquid	125
Pears, canned, in water	½ can, with ½ liquid	40
Pineapple, raw	½ cup chunks	103
Plums	1 fruit	104
Raisins	1 miniature box	104
Raspberries, raw	½ cup	93
Rhubarb, frozen, cooked, sweetened	½ cup	115
Strawberries, raw	½ cup halves	117
Tangerine oranges, raw	1 fruit	146
Melons		
Cantaloupe	1 wedge (⅓ of small melon)	147
Juices		
Apple	½ cup	125
Apricot nectar	½ cup	89
Cranberry	½ cup	26
Grape	½ cup	132
Peach nectar	½ cup	55
Pear nectar	½ cup	16

Medium potassium 151-250 mg per serving		
Fruits	Serving size	Potassium (mg)
Apple, raw	1 medium fruit	195
Apricots, canned	½ cup halves	202
Cherries	½ cup without pits	171
Coconut, shredded	½ cup	157
Dates	1 fruit	167
Grapefruit	½ fruit	156
Guava	1 fruit	229
Kiwi	1 fruit	215
Orange	1 fruit	232
Pears	1 medium fruit	206
Pineapple, canned, in water	½ cup: (crushed, sliced, chunks)	156
Plums, canned	½ cup, pitted	194
Juices		
Grapefruit	½ cup	203
Orange	½ cup	248
Pineapple	½ cup	163
Melons		
Honeydew	½ cup diced	194
Watermelon	1 cup diced	170

High potassium 251 mg or more per serving		
Fruits	Serving size	Potassium (mg)
Banana	1 medium fruit	422
Cantaloupe	1 cup diced	417
Honeydew	1 cup diced	388
Nectarines	1 medium fruit	285
Papaya	1 cup of 1-in. pieces	264
Passionfruit, purple	½ cup	411
Persimmon, Japanese	1 fruit	270
Plantain, green, fried	½ cup	285
Pomegranate	1 fruit	666
Raisins	½ cup	540
Juices		
Prune	½ cup	354

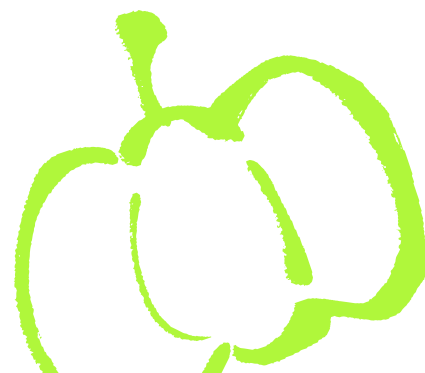
VEGETABLES

Low potassium 150 mg or less per serving		
Vegetables	Serving size	Potassium (mg)
Bamboo shoots, canned	½ cup, ⅛-in. slices	53
Beans, green/yellow, frozen	½ cup	113
Beets, canned	½ cup, slices	126
Broccoli, raw	½ cup chopped/diced	139
Cabbage, raw	½ cup, shredded	60
Carrots, canned	½ cup, slices	131
Cauliflower, cooked	½ cup, 1-in. pieces	88
Celery, raw	½ cup, chopped	132
Collards, cooked	½ cup, chopped	111
Corn, canned	½ cup	108
Cucumber with peel	½ cup, slices	76
Eggplant, cooked	½ cup, 1-in. cubes	61
Iceberg lettuce	1 cup	80
Mushrooms, white, raw	½ cup, pieces	111
Mustard greens, cooked	½ cup, chopped	114
Okra, cooked	½ cup, slices	108
Onion, raw	½ cup, chopped	117
Peas, frozen	½ cup	138
Peppers, green, raw	½ cup, chopped	131
Radishes, raw	½ cup, slices	135
Sauerkraut, canned	½ cup, drained	121
Spinach, raw	½ cup	84
Turnip greens, cooked	½ cup, chopped	146
Turnips, cooked	½ cup cubes	138

Medium potassium 151-250 mg per serving		
Vegetables	Serving size	Potassium (mg)
Asparagus, frozen, cooked	½ cup	155
Broccoli, cooked	½ cup, chopped	229
Brussels sprouts, cooked	½ cup	247
Carrots, raw	½ cup, chopped	205
Corn, frozen, kernel	½ cup	195

Medium potassium, continued		
Rutabaga, cooked	½ cup, cubes	184
Squash, summer, cooked	½ cup, slices	173
Squash, winter, cooked	½ cup, cubes	247
Tomato, cherry	½ cup	177
Juices		
Vegetable	½ cup	234

High potassium 251 mg or more per serving		
Vegetables	Serving size	Potassium (mg)
Artichoke, whole, raw	1 medium artichoke	474
Avocado	½ avocado	488
Beet, greens, cooked	½ cup, 1-in. pieces	654
Cabbage, Chinese, cooked	½ shredded	316
Kohlrabi, cooked	½ cup, slices	281
Parsnips	½ cup, slices	286
Pumpkin, canned	½ cup	253
Spinach, cooked	½ cup	420
Potatoes		
Au gratin, homemade	½ cup	485
Baked without skin	1 medium, 5.5 ounces	512
Baked with skin	1 medium, 6 ounces	926
Boiled	1 medium, 4.8 ounces	515
French fries	10 strips	270
Hash brown, pan-fried	½ cup	458
Mashed	½ cup	298
Scalloped	½ cup	463
Sweet	½ cup, mashed	377
Yam (sweet potato), canned	½ cup, cubes	456
Tomatoes		
Juice	½ cup	264
Paste	¼ cup	664
Sauce	½ cup	455



CEREALS & STARCHES

Low potassium 150 mg or less per serving		
Cereal	Serving size	Potassium (mg)
Corn Flakes®	1 cup	45
Rice Krispies	1 cup	30
Crackers		
Graham	1 large rectangle piece/4 crackers	24
Ritz	5 crackers	19
Saltines	5 crackers	23
Triscuits	6 crackers	97
Hot cereals		
Cream of Wheat®	1 cup	40
Grits, yellow	1 cup	51
Malt-o-meal®	1 serving (3 Tbsp dry + 1 cup water)	38
Oatmeal	½ cup dry	98
Muffins		
Banana	1 medium (113g)	70
Blueberry	1 medium (113g)	137
Starches		
Bagel, plain/onion/poppy/sesame	1 large, 4 ½-in. diameter	70
Biscuit, plain	1 biscuit (51g)	78
Bread, white or wheat	1 slice	36
Cornbread	1 piece (60g)	80
Croissant	1 large	33
Dinner roll	1 roll	45
Rice, white, long-grain, parboiled, cooked	½ cup	44
Tortilla, corn	1 medium (28g)	52
Tortilla, flour	1 medium (49g)	65
Waffles/pancakes		
Pancakes, buttermilk, homemade	1 pancake (4-in. diameter)	55
Pancakes, wheat, dry mix	1 pancake (4-in. diameter)	123
Waffles, frozen	1 waffle (4-in. square)	44
Waffles, homemade	1 waffle, round (7-in. diameter)	119

Medium potassium 151-250 mg per serving		
Cereal	Serving size	Potassium (mg)
Cheerios®	1 cup	177
Bran Flakes®	¾ cup	160
Shredded Wheat	1 cup	170
Muffins		
Wheat bran	1 medium	175

High potassium 251 mg or more per serving		
Cereal	Serving size	Potassium (mg)
All Bran, Original	¾ cup	330
Natural granola with oats, wheat, honey, and rasins	½ cup	256
Raisin Bran®	1 cup	280
Muffins		
Oat bran	1 medium	573



BEVERAGES, SWEETS, AND PROCESSED FOODS

Low potassium 150 mg or less per serving		
Beverages, alcoholic	Serving size	Potassium (mg)
Beer	12 fl ounces	96
White wine	5 fl ounces	104
Beverages, non-alcoholic		
Coffee	1 cup	116
Cola	12 fl ounces	19
Lemon-lime soda	12 fl ounces	4
Orange soda	12 fl ounces	8
Cake		
Angel food	1 piece (28g)	26
Yellow with vanilla frosting	1 ounce square	36
Condiments		
Ketchup	2 Tbsp	96
Oil, any type	1 Tbsp	0
Cookies		
Chocolate chip	1 cookie (12g)	24
Fig bar	2, 3-in. bars	118
Oatmeal raisin	1 cookie (24g)	55
Peanut butter	1 cookie (31g)	63
Sugar	1 cookie (15g)	24
Vanilla wafer	8 wafers	30
Gelatin		
Gelatin desserts	½ cup	1
Pie		
Apple	1 piece (⅓ of 9-in. diameter pie)	81
Cherry	1 piece (⅓ of 9-in. diameter pie)	101
Snacks		
Popcorn	1 cup	26
Pretzels, salted	10 twists	134
Tortilla chips, nacho cheese flavor	1 ounce	63
Soup (made with water)		
Beef noodle	1 cup	98
Chicken noodle	1 cup	32
Cream of chicken	1 cup	88
Cream of mushroom	1 cup	77

Medium potassium 151-250 mg per serving		
Beverages, alcoholic	Serving size	Potassium (mg)
Red wine	5 fl ounces	187
Beverages, non-alcoholic		
Cocoa mix (made with water)	6 fl ounces	204
Eggnog	½ cup	210
Cake		
Chocolate with chocolate frosting	1 ounce cake with 1.5 ounces. frosting	173
Meat		
Beef taco, soft shell with cheese and lettuce	1 taco	164
Pie		
Pumpkin	1 slice (133g)	222
Snacks		
Milk chocolate bar	1 bar (1.55 ounces.)	164
Soup (made with water)		
Vegetable beef	1 cup	168

High potassium 251 mg or more per serving		
Beverages	Serving size	Potassium (mg)
Cocoa mix, sugar-free (made with water)	6 fl ounces	405
Meat		
Cheeseburger, plain, single	1 burger	382
Chili (with beans)	1 cup	934
Potato chips		
BBQ	1 ounce	336
Plain	1 ounce	339
Plain, low fat	1 ounce	494
Snacks		
Trail mix	½ cup	515
Soup (made with water)		
Chicken vegetable	1 cup	369
Clam chowder	1 cup	268
Minestrone	1 cup	313
Split pea (with ham)	1 cup	400
Tomato	1 cup	682

Managing your potassium is a long-term goal, not a short-term objective.

Visit [KIDNEYFUND.ORG/BEYONDBANANAS](https://www.kidneyfund.org/beyondbananas) for tips, tools, and resources to manage your potassium.