

Potassium- Rich Foods

Fruit Juices (4 oz. Serving)	mg Potassium
Grapefruit juice (canned)	200
Orange juice	250
Prune juice (canned)	300
Tomato juice (canned)	225
Fruits	
Banana (one)	500
Cantaloupe (1/4 medium)	350
Dates (ten dried)	640
Grapefruit (1/2 medium)	130
Orange (one medium)	333
Raisins (1/2 cup)	550
Watermelon (one med slice)	450
Dairy Products	
Milk (8 oz. Whole, low or non-fat)	350
Nuts (1/2 cup)	
Almonds	550
Brazil nuts	500
Cashews	325
Peanuts	380
Vegetables* (1/2 cup unless noted)	
Avocado (1/2 raw)	680
Beans	350 – 450
Greens (Chard, Mustard, Dandelion)	400 – 500
Baked potato (one medium with skin)	780
Spinach	830
Tomato (one medium raw)	300
Potassium Supplements	
Slow K, Micro K (8 mEq)	313
Micro K 10 (10 mEq)	391
K-Dur (20 mEq)	782

*Nearly all vegetables are rich in potassium raw, but a significant proportion of potassium can be lost if the water used in cooking is discarded. The values listed above are for cooked foods except as noted.