

potassium

Best Sources of Potassium from the *World's Healthiest Foods*

FOOD	SERVING SIZE	CALS	AMOUNT (MG)	DV (%)	DENSITY	QUALITY
Swiss chard	1 cup	35	960.8	27.4	14.1	Excellent
Crimini mushrooms	5 oz-wt	31	635.0	18.1	10.5	Excellent
Spinach	1 cup	41	838.8	24.0	10.4	Excellent
Romaine lettuce	2 cup	16	324.8	9.3	10.7	Very good
Celery	1 cup	19	344.4	9.8	9.2	Very good
Broccoli	1 cup	44	505.4	14.4	6.0	Very good
Winter squash	1 cup	80	895.9	25.6	5.8	Very good
Tomatoes	1 cup	38	399.6	11.4	5.4	Very good
Collard greens	1 cup	49	494.0	14.1	5.1	Very good
Summer squash	1 cup	36	345.6	9.9	4.9	Very good
Eggplant	1 cup	28	245.5	7.0	4.6	Very good
Cantaloupe	1 cup	56	494.4	14.1	4.5	Very good
Green beans	1 cup	44	373.8	10.7	4.4	Very good
Brussels sprouts	1 cup	61	494.5	14.1	4.2	Very good
Kale	1 cup	36	296.4	8.5	4.2	Very good
Carrots	1 cup	53	394.1	11.3	3.9	Very good
Beets	1 cup	75	518.5	14.8	3.6	Very good
Papaya	1 each	119	781.3	22.3	3.4	Very good
Asparagus	1 cup	43	288.0	8.2	3.4	Very good
Basil	2 tsp	8	103.0	2.9	7.0	Good
Cucumbers	1 cup	14	149.8	4.3	5.7	Good
Turmeric	2 tsp	16	114.5	3.3	3.7	Good
Bell peppers	1 cup	25	162.8	4.7	3.4	Good
Cauliflower	1 cup	29	176.1	5.0	3.2	Good
Apricots	1 each	17	103.6	3.0	3.2	Good

* For more on "DV," "Density," and "Quality" Rating System, see page 805.

FUNCTIONS

What can potassium-rich foods do for you?

- Help your muscles and nerves function properly
- Help lower your risk of high blood pressure
- Maintain the proper electrolyte and acid-base balance in your body
- Help maintain calcium levels

What events can indicate a need for more potassium-rich foods?

- Muscle weakness
- Confusion
- Irritability
- Fatigue
- Heart problems
- Chronic diarrhea

- Regular, intense exercise
- Use of certain diuretics

IMPACT OF COOKING, STORAGE & PROCESSING

Potassium losses from cooking of high-potassium foods can be significant. In the case of spinach, for example, potassium levels have been shown to drop 56% after blanching for several minutes.

Sometimes this passage of potassium out of foods can be nutritionally beneficial. For example, parsley tea often contains significant amounts of potassium because this mineral is leached out of the parsley leaves and into the hot tea water.

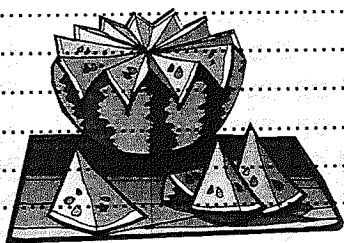
PUBLIC HEALTH RECOMMENDATIONS

In 2004, the Institute of Medicine at the National Academy of Sciences issued new Adequate Intake (AI) levels for potas-

Sources of Dietary Potassium

Getting the most for the fewest calories

	Serving Size	Potassium (mg)	Calories
Fruits			
Cantaloupe	½ med. Melon	680	60
Dates	10	615	275
Avocado	½ medium	602	175
Raisins	½ cup	555	250
Apricots, dried	10 halves	480	85
Banana	1 medium	451	105
Apricots, fresh	3 medium	315	50
Peach	1 medium	305	60
Orange	1 medium	300	80
Watermelon	1 cup	186	50
Grapefruit	½ medium	135	40
Juices			
Prune	1 cup	602	180
Tomato	1 cup	550	50
Orange, frozen	1 cup	503	105
Grapefruit, frozen	1 cup	420	100
Vegetables			
Potato, baked, w/ skin	1 large	845	160
Squash, acorn	½ cup cooked	448	45
Tomato	1 medium	445	33
Spinach	½ cup cooked	415	20
Mushrooms	10 small	415	28
Lentils	½ cup cooked	365	83
Split Peas	½ cup cooked	355	104
Sweet Potato	1 large	350	200
Squash, butternut	½ cup cooked	293	50
Pumpkin, canned	½ cup cooked	275	43
Collards	½ cup cooked	263	40
Kidney beans	½ cup cooked	258	150
Lima beans	½ cup cooked	255	125
Brussels sprouts	½ cup cooked	248	30
Zucchini	½ cup cooked	227	35
Green Pepper	1 medium	215	22
Corn on the cob	1 medium	196	100
Beets, diced	½ cup cooked	140	30
Broccoli	½ cup cooked	104	20



Serving Size Potassium (mg) Calories

Dairy Products

Yogurt, low fat, plain.....	1 cup	530	150
Milk, skim.....	1 cup	355	90
whole.....	1 cup	350	160
buttermilk.....	1 cup	340	100
Cottage cheese, 2% fat.....	1 cup	217	203



Meat, fish, poultry

Flounder.....	3 oz. cooked	500	170
Sardines, drained.....	3 oz.....	500	310
Liver, beef.....	3 oz. cooked	375	185
Round steak.....	3 oz. cooked	325	135
Leg of lamb.....	3 oz cooked.....	300	220
Turkey, light meat.....	3 oz. cooked	250	175
Tuna, drained, water packed.....	3 oz.....	225	125
Chicken, white meat.....	3 oz. cooked	210	165



Nuts, Seeds

Pistachios, dried.....	1 oz.....	310	164
Peanut, in shell.....	20.....	250	210
Peanut butter.....	2 tablespoons	240	180
Pumpkin seeds, dried/roasted.....	1 oz.....	229	150
Almonds, dry roasted.....	1 oz.....	219	167
Sunflower seeds.....	1 oz.....	196	162

