

Courtesy of Genesys Health System

Potassium is a mineral that affects the activity of the heart muscle and nervous system. It helps maintain stable blood pressure as it is involved in fluid balance. Normally your kidneys will get rid of any extra potassium you consume. If your kidneys are not working properly, you may need to avoid potassium supplements. Certain medications such as diuretics may cause you to lose potassium. Consult your physician or pharmacist to find out if you are on such a medication.

Potassium is found in most foods. A typical days intake of potassium is about 4000 mg. Since potassium is a water-soluble mineral, cooking methods will affect the content in food items. Steaming, microwaving and cooking vegetables with the least amount of fluids in the shortest time possible will retain more of the potassium content. Include 6000 mg. or more to replace mild losses of potassium. Choosing a varied diet consisting of 3 servings of dairy products, 4-6 oz. meat or meat substitute, 2-4 servings of fruits, 3-5 servings vegetables and 6-10 servings of grains daily will provide a high potassium intake.

Best Sources (greater than 400 mg. per serving)

Skim milk – 1 cup	406	Figs – 4 raw	464	Beans (baked) – 1 cup	570
Tomato soup – 1 cup (made with milk)	450	Honeydew – 1 cup	461	Lentils – 1 cup	731
Banana (medium) – 1	451	Orange juice – 1 cup	473	Potato (baked/skin)	844
Cantaloupe – 1 cup	494	Papaya (medium) – 1	780	Potato (boiled) – 1	443
		Prune juice – 1 cup	706	Squash (baked) – 1/2 cup	446

Good Sources (200-400 mg. per serving)

Milk	Vanilla yogurt – 6 oz.	370	Vegetables	Acorn squash (boiled) – 1/2 cup	321
	Whole milk – 1 cup	370		Beets – 1/2 cup	266
Fruit	Date – 5	270		Black eyed peas (frozen) – 1/2 cp	319
	Guava – 1	256		Broccoli (raw) – 1 cup	286
	Kiwi – 1	252		Brussel sprouts – 1/2 c	254
	Mango – 1	322		Carrot (raw) – 1	231
	Nectarine – 1	288		Collards (Frozen) – 1/2 cup	214
	Orange – 1	250		Corn (boiled) – 1/2 cup	204
	Pear (medium) – 1	208		Kale (chopped/frozen) – 1/2 cup	209
	Prunes (dried) – 5	313		Kidney beans (canned) – 1/2 cup	379
Other	All bran – 1/3 cp	320		Lima beans (frozen) – 1/2 cup	370
	Bean soup – 1 cup	321		Mushrooms (boiled) – 1/2 cup	237
	Fruit & Fiber – 1/2 cup	201		Parsnips (boiled) – 1/2 cup	287
	Molasses – 1 Tbsp.	293		Potatoes (mashed) – 1/2 cup	323
	Peanut butter (smooth) 2 T	231		Spinach (frozen) – 1/2 cup	283
	Raisin bran – 3/4 cup	260		Sweet Potato (baked/skin) – 1	397
	Wheat bran – 1/3 cup	399		Tomato (boiled) – 1/2 cup	335
	Morton salt sub. – 1/8 tsp.	350		Tomato (raw) – 1	273
				Zucchini (frozen) – 1/2 cup	218

Bowes & Church's Food Values of Portions Commonly used, Sixteenth Edition