## Potassium in Foods by Class of Food

### Fluids:

<table>
<thead>
<tr>
<th>Low Potassium</th>
<th>Medium Potassium</th>
<th>High Potassium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To 150 mg</strong></td>
<td><strong>From 151 to 200 mg</strong></td>
<td><strong>201 or more mg</strong></td>
</tr>
<tr>
<td>Apple juice, 1/2 cup</td>
<td>148</td>
<td>Grape juice, cnd or bottle, 1/2 cup</td>
</tr>
<tr>
<td>Coffee, 6/12 ounces</td>
<td>124/248</td>
<td>Grapefruit juice, cnd, unsw, 1/2 cup</td>
</tr>
<tr>
<td>Cranberry juice, 1/2 cup</td>
<td>31</td>
<td>Pineapple juice, cnd, unsw, 1/2 cup</td>
</tr>
<tr>
<td>Ginger ale, 12 ounces</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Tea, 6/12 ounces</td>
<td>27/54</td>
<td></td>
</tr>
<tr>
<td><strong>Fruits:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>To 120 mg</strong></td>
<td><strong>From 121 to 250 mg</strong></td>
<td><strong>251 or more mg</strong></td>
</tr>
<tr>
<td>Apples, peeled, sliced</td>
<td>62</td>
<td>Apricots, cnd, heavy syrup</td>
</tr>
<tr>
<td>Applesauce, cnd, swd/uns</td>
<td>78/92</td>
<td>juice pack</td>
</tr>
<tr>
<td>Apricot, 1 medium</td>
<td>105</td>
<td>Blackberries, raw</td>
</tr>
<tr>
<td>Blueberries, raw</td>
<td>65</td>
<td>Cherries, sweet, ten</td>
</tr>
<tr>
<td>Cherries, sour, red, cnd</td>
<td>120</td>
<td>Elderberries, raw</td>
</tr>
<tr>
<td>Cranberries, raw</td>
<td>39</td>
<td>Grapefruit, 1/2 medium</td>
</tr>
<tr>
<td>Cranberry sauce, cnd, swtd</td>
<td>36</td>
<td>Grapefruit, cnd, with syrup</td>
</tr>
<tr>
<td>Fig, fresh, 1 medium</td>
<td>116</td>
<td>Orange, 1 medium</td>
</tr>
<tr>
<td>Fruit cocktail, cnd, heavy syrup</td>
<td>112</td>
<td>Peach, 1 medium</td>
</tr>
<tr>
<td>Grape, ten</td>
<td>93-105</td>
<td>Pineapple, cnd, pieces, heavy syrup</td>
</tr>
<tr>
<td>Lemon, 1 medium</td>
<td>80</td>
<td>Pear, 1 medium, Bartlett, D'Anjou</td>
</tr>
<tr>
<td>Lime, 1 medium</td>
<td>68</td>
<td>Pineapple, cnd, pieces, juice pack</td>
</tr>
<tr>
<td>Peaches, cnd, heavy syrup</td>
<td>118</td>
<td>Plums, cnd, juice pack</td>
</tr>
<tr>
<td>Pears, cnd, heavy syrup</td>
<td>119</td>
<td>Pricklypear, 1 medium</td>
</tr>
<tr>
<td>Pineapple, raw</td>
<td>1 medium</td>
<td>Raspberries, frozen, sweetened</td>
</tr>
<tr>
<td>Plums, cnd, heavy syrup</td>
<td>118</td>
<td>Strawberries, raw</td>
</tr>
<tr>
<td>Raspberries, raw</td>
<td>94</td>
<td>Strawberries, frozen, sweet, sliced</td>
</tr>
<tr>
<td>Rhubarb, cnd, with sugar</td>
<td>115</td>
<td>Tangerine, 1 medium</td>
</tr>
<tr>
<td>Watermelon, diced</td>
<td>93</td>
<td></td>
</tr>
</tbody>
</table>

### Vegetables:

<table>
<thead>
<tr>
<th>Low Potassium</th>
<th>Medium Potassium</th>
<th>High Potassium</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To 125 mg</strong></td>
<td><strong>From 126 to 250 mg</strong></td>
<td><strong>251 or more mg</strong></td>
</tr>
<tr>
<td>Alfalfa seeds, sprouted, raw</td>
<td>13</td>
<td>Asparagus, cnd, 6 spears</td>
</tr>
<tr>
<td>Arugula, raw</td>
<td>37</td>
<td>Beans, green, cnd, from raw</td>
</tr>
<tr>
<td>Bagel, plain</td>
<td>50</td>
<td>Bread, pumpernickel, 1 slice</td>
</tr>
<tr>
<td>Bamboo shoots, cnd</td>
<td>53</td>
<td>Broccoli, cnd, from frozen</td>
</tr>
<tr>
<td>Beans, green, cnd from frozen</td>
<td>76</td>
<td>Broccoli, cnd, from raw</td>
</tr>
<tr>
<td>Bean sprouts, mung, raw</td>
<td>78</td>
<td>Brussels sprouts, cnd, from raw</td>
</tr>
<tr>
<td>Bean sprouts, mung, cnd</td>
<td>63</td>
<td>Cabbage, common, cnd</td>
</tr>
<tr>
<td>Bread, white, 1 slice</td>
<td>28</td>
<td>Carrots, cnd, from raw</td>
</tr>
<tr>
<td>Cabbage, raw, red/common</td>
<td>72/86</td>
<td>Carrots, raw, grated</td>
</tr>
<tr>
<td>Carrots, cnd, from frozen</td>
<td>116</td>
<td>Cauliflower, cnd from raw</td>
</tr>
<tr>
<td>Cauliflower, cnd from frozen</td>
<td>125</td>
<td>Cauliflower, raw florets</td>
</tr>
<tr>
<td>Collards, leaves, cnd from raw</td>
<td>84</td>
<td>Celeriac, cnd/raw</td>
</tr>
<tr>
<td>Corn, cnd from frozen</td>
<td>114</td>
<td>Celery, raw, diced</td>
</tr>
<tr>
<td>Cucumbers, sliced</td>
<td>84</td>
<td>Chickpeas, cnd, drained</td>
</tr>
<tr>
<td>Dandelion greens, cnd</td>
<td>121</td>
<td>Collards, cnd from frozen</td>
</tr>
<tr>
<td>Eggplant, steamed</td>
<td>119</td>
<td>Corn, cnd, from raw</td>
</tr>
<tr>
<td>Endive, raw</td>
<td>79</td>
<td>Fennel bulb, raw, sliced</td>
</tr>
<tr>
<td>Jicama, raw</td>
<td>98</td>
<td>Kale, cnd from frozen</td>
</tr>
<tr>
<td>Leeks, raw/cd from raw</td>
<td>94/46</td>
<td>Kale, cnd from raw</td>
</tr>
<tr>
<td>Lettuce, iceberg, 1 cup</td>
<td>87</td>
<td>Lettuce, romaine, 1 cup</td>
</tr>
<tr>
<td>Mustard greens, cnd from frozen</td>
<td>104</td>
<td>Mushrooms, raw</td>
</tr>
<tr>
<td>Oatmeal, regular, 3/4 cup</td>
<td>99</td>
<td>Okra, sliced, cnd from frozen</td>
</tr>
<tr>
<td>Onions, raw, sliced</td>
<td>124</td>
<td>Okra, sliced, cnd from frozen</td>
</tr>
<tr>
<td>Pasta, plain, 1 cup</td>
<td>103</td>
<td>Onions, cnd</td>
</tr>
<tr>
<td>Peppers, sweet, raw/cd</td>
<td>89/113</td>
<td>Parsley, raw</td>
</tr>
<tr>
<td>Popcorn, air popped, 1 cup</td>
<td>20</td>
<td>Peas, edible pod, cnd</td>
</tr>
<tr>
<td>Psyllium husk fiber, 1 T</td>
<td>3</td>
<td>Peas, green, cnd from frozen</td>
</tr>
<tr>
<td>Radicchio, raw, shredded</td>
<td>60</td>
<td>Peppers, hot chilli, 1 raw</td>
</tr>
<tr>
<td>Rice, cnd, white/brown</td>
<td>29/69</td>
<td>Radishes, raw</td>
</tr>
<tr>
<td>Turnips, white, cnd, ckd</td>
<td>106</td>
<td>Scallions, raw</td>
</tr>
<tr>
<td>Water chestnuts, cnd</td>
<td>83</td>
<td>Squash, summer, cnd, all types</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spinach, raw, chopped</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tomatillos, raw, chopped</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tortillas, corn, four</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turnip greens, cnd from frozen</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Turnip greens, cnd from raw</td>
</tr>
</tbody>
</table>

## Definitions
- **Low Potassium:** To 150mg
- **Medium Potassium:** From 151 to 200mg
- **High Potassium:** 201 or more mg

*Note: The values are approximate and can vary depending on the preparation method and variety.*