High Potassium Eating

Why is eating a high potassium diet important?

Potassium is a mineral found naturally in many foods. It can help lower blood pressure and may lower the risk of heart disease and stroke. It is used in your body to make the heart beat, to build protein and muscle, to make energy from food and to help kidneys work.

Potassium-rich foods maintain your body's potassium levels. Depending on your age, aim for a daily intake of:

Age group (years)	*Recommended Potassium Intake (mg/day)*
1-3	3000
4-8	3800
9-13	4500
14-70	4700
>70	4700
Pregnancy (all age groups)	4700
Breastfeeding (all age groups)	5100

Your Doctor will closely watch the potassium level in your blood. He will tell you if you need to eat more or less high potassium foods.

You may need more potassium if you:

- take certain medications such as some types of diuretics (water pills).
- are losing too much potassium through urine, sweat or diarrhea.
- have high blood pressure.

The "Steps You can Take" section below has lists of high potassium foods to help you increase your daily potassium intake.

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Steps you can take

To increase potassium in your diet, choose potassium-rich foods most often. Choose a variety of foods from each of the four food groups to meet your potassium needs.

Vegetables and Fruit
Choose 7-10 servings of vegetables and fruits per day.

VEGETABLES: High Potassium (>200mg per serving)	*Serving Size*	*Potassium (mg)*
Beets, boiled	125 mL (½ cup)	274
Broccoli, cooked	125 mL (½ cup)	241
Brussels sprouts, boiled	4	266
Chard, boiled	125 mL (½ cup)	508
Kohlrabi, raw	125 mL (½ cup)	250
Parsnips, boiled	125 mL (½ cup)	302
Peas, green, boiled	125 mL (½ cup)	229
Potato, baked, with skin	125 mL (½ cup)	359
Potato, baked, no skin	125 mL (½ cup)	252
Potato, boiled	125 mL (½ cup)	270
Potato, mashed with 2% milk	125 mL (½ cup)	398
Pumpkin, boiled	125 mL (½ cup)	298
Snow peas, boiled	125 mL (½ cup)	203

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Spinach, frozen, unprepared	125 mL (½ cup)	285
Spinach, frozen, boiled	125 mL (½ cup)	443
Squash, winter, all varieties, boiled	125 mL (½ cup)	261
Sweet potato, baked in skin & removed	125 mL (½ cup)	502
Tomato, raw, diced	125 mL (½ cup)	226
Tomato juice	125 mL (½ cup)	294
Tomato paste, canned	60 mL (¼ cup)	658
Tomato puree, canned	60 mL (¼ cup)	278
Tomato sauce	125 mL (½ cup)	428
Vegetable juice cocktail, canned	125 mL (½ cup)	247

VEGETABLES: Medium Potassium (101-200mg per serving)	*Serving Size*	*Potassium (mg)*
Artichoke, marinated	2 hearts	182
Asparagus,raw	6 spears	194
Broccoli, raw	125 mL (½ cup)	147
Beans, snap, all varieties, frozen, boiled	125 mL (½ cup)	113
Carrots, raw	1 medium	195
Cauliflower, raw	125 mL (½ cup)	158
Celery, raw	1 medium stalk	104
Corn	1 ear or 125 ml	189
Daikon, raw	125 mL (½ cup)	106
Fennel, raw	125 mL (½ cup)	190

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Kale, raw	125 mL (½ cup)	158
Lettuce, looseleaf, raw	250 mL (1 cup)	115
Lettuce, butterhead, shredded	250 mL (1 cup)	138
Mushrooms, canned	125 mL (½ cup)	106
Mushrooms, white, raw	3 medium	172
Mustard greens, boiled	125 mL (½ cup)	149
Onions, boiled	125 mL (½ cup)	184
Peas, green, raw	125 mL (½ cup)	187
Pepper, sweet, raw	125 mL (½ cup)	138
Radishes, raw	125 mL (½ cup)	143
Sauerkraut, canned, low sodium	125 mL (½ cup)	128
Spinach, raw	250 mL (1 cup)	177
Squash, summer, all varieties, boiled	125 mL (½ cup)	183
Turnip, boiled	250 mL (1 cup)	145
Water chestnuts, Chinese, raw	60 mL (¼ cup)	192

FRUITS: High Potassium (>200 mg per serving)	*Serving Size*	*Potassium (mg)*
Apricots, dried	3 whole	244
Apricots, raw	3 fruits	272
Avocado	¼ whole	244
Banana	1 banana	422
Cantaloupe	125 mL (½ cup)	226

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Figs, raw	2 fruit	232
Grapefruit juice	125 mL (½ cup)	211
Guava	125 mL (½ cup)	364
Honeydew melon	125 mL (½ cup)	205
Kiwifruit	1 large	284
Nectarine	1 fruit	273
Orange juice, from concentrate	125 mL (½ cup)	234
Orange	1 medium	237
Prune juice	125 mL (½ cup)	373
Raisins	60 mL (¼ cup)	275

FRUITS: Medium Potassium (101-200 mg per serving)	*Serving Size*	*Potassium (mg)*
Apple juice	125 mL (½ cup)	132
Apple	1 medium fruit	148
Apricots, canned (solid liquid)	125 mL (½ cup)	185
Blackberries, raw	125 mL (½ cup)	123
Cherries, sour, canned (solid liquid)	125 mL (½ cup)	126
Cherries, sweet, raw	10 each	182
Coconut, dried, shredded	60 mL (¼ cup)	125
Coconut water	125 mL (½ cup)	317
Currants, raw	125 mL (½ cup)	163
Dates	3	163

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Fruit cocktail, canned (solid liquid)	125 mL (½ cup)	119
Figs, dried	2 fruit	114
Grapes, red or green	125 mL (½ cup)	153
Grape juice, canned or bottled	125 mL (½ cup)	139
Grapefruit, all varieties	½	166
Lemon juice, canned or bottled	125 mL (½ cup)	130
Lychee, raw	10	164
Mango	125 mL (½ cup)	136
Mandarin orange or tangerine	1 medium	139
Papaya	125 mL (½ cup)	190
Peaches, canned	125 mL (½ cup)	169
Peach	1 medium	186
Pear, Asian	1 medium	148
Pear, raw, with skin	1 medium	198
Prunes	3 fruits	184
Pineapple, canned (solid liquid)	125 mL (½ cup)	160
Plums	1 fruit	104
Pomegranate	½ fruit	182
Raspberries, frozen	125 mL (½ cup)	151
Rhubarb, raw	125 mL (½ cup)	186
Strawberries, raw or frozen	125 mL (½ cup)	134

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Grain Products

As part of a healthy eating plan, choose 6-8 servings from the Grain Products group each day. Choose whole grain breads and cereals most often.

GRAIN PRODUCTS: Medium and High Potassium	*Serving Size*	*Potassium (mg)*
Quinoa, cooked	125 mL (½ cup)	126
All (100%) Bran cereals	125 mL (½ cup)	430
Bran flakes cereals	30g (¾ cup)	130
Oat bran, hot cereal, prepared	175 ml (¾ cup)	226
Oatmeal, instant	1 package	119

Milk and Alternatives

Choose 2-3 servings each day. Milk and yogurt are better sources of potassium than cheese.

MILK AND ALTERNATIVES: Medium and High Potassium	*Serving Size*	*Potassium (mg)*
Malted milk or Ovaltine made with milk	250 mL (1 cup)	600
Chocolate milk, 1% M.F.	250 mL (1 cup)	449
Milk or Buttermilk, 1% M.F.	250 mL (1 cup)	390
Yogurt, plain, 1% M.F.	175 grams (¾ cup)	410
Yogurt, fruit flavoured	175 grams (¾ cup)	370
Cottage cheese, 1% M.F.	125 mL (½ cup)	103

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Meat and Alternatives

Choose 2-3 servings per day. Select lean meats and alternatives more often. Beans and lentils are better sources of potassium than meat, poultry and fish. Choose vegetarian options more often.

MEAT AND ALTERNATIVES: Medium and High Potassium	*Serving Size*	*Potassium (mg)*
Beans and Lentils		
Baked beans, canned in tomato sauce	175 mL (¾ cup)	552
Kidney, navy, black or Pinto beans, cooked	175 mL (¾ cup)	500-600
Lentils, cooked	175 mL (¾ cup)	540
Fava beans or chickpeas, cooked	175 mL (¾ cup)	345
Tofu, firm	150 g (¾ cup)	291
Tofu, extra firm	150 g (¾ cup)	231
Tofu, soft	150 g (¾ cup)	270
Nuts and Seeds		
Almonds, dry roasted	60 mL (¼ cup)	261
Cashew nuts, dry roasted	60 mL (¼ cup)	196
Peanuts, dry roasted	60 mL (¼ cup)	244
Peanut butter, natural	60 mL (¼ cup)	207
Pumpkin & squash seed kernels, roasted	60 mL (¼ cup)	454
Pecan, dry roasted	60 mL (¼ cup)	118
Walnuts	60 mL (¼ cup)	131

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Meat, Poultry and Seafood		
Halibut, baked	75 g (2½ oz)	432
Salmon, baked	75 g (2½ oz)	379
Tuna, light, canned	75 g (2½ oz)	178
Trout, baked	75 g (2½ oz)	347
Beef,* cooked	75 g (2½ oz)	200
Pork,* cooked	75 g (2½ oz)	290
Turkey,* light meat, cooked	75 g (2½ oz)	255
Turkey,* dark meat, cooked	75 g (2½ oz)	210
Lamb,* cooked	75 g (2½ oz)	250
Chicken,* light or dark meat, cooked	75 g (2½ oz)	175
Egg, whole, large	2	113

*average of typical cuts

The following foods are also high in potassium. Check the Nutrition Facts table to see how much potassium is in these foods. Because they are low in healthy nutrients, and some are also high sodium (salt), it is not recommended to rely on these foods for your potassium intake:

- chocolate
- molasses
- Worcestershire sauce
- maple syrup
- some soy sauces
- some salt substitutes
- some sweet and sour sauces

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