

High Potassium Foods Summary Table Over 600 mg. shown in **BOLD RED**

From the USDA Nutrient Database

USDA NDB Ref. #	Food Group	measure mgs	Potass. per Weight grams	Common measure	Notes
FISH (broiled)					
15160	Mollusk, clams	534	85	3 oz.	canned
15192	Cod	439	85	3 oz.	-
15037	Halibut	490	85	3 oz.	-
15086	Salmon	319	85	3 oz.	-
15241	Trout	375	85	3 oz.	-
15221	Tuna	484	85	3 oz.	Yellowfin, fresh, cooked
FRUITS					
09032	Apricots, dried	814	70	10 med.	-
09038	Avocados	540	85	3 oz.	(tripled - more reasonable)
09040	Banana	467	118	1 med.	-
09087	Dates	542	83	10 dates	(doubled - more reasonable)
09094	Figs, dried	542	76	4 figs	(doubled - more reasonable)
09148	Kiwi	252	76	1 med.	-
09181	Melon, cantaloupe	494	160	1 cup	-
09200	Orange	237	131	1 med.	-
09298	Raisins	544	73	1/2 cup	(halved - more reasonable)
09326	Watermelon	176	152	1 cup	-
JUICES					
11655	Carrot juice	689	236	1 cup	canned
09206	Orange juice	496	248	1 cup	-
09294	Prune juice	707	256	1 cup	-
11540	Tomato juice	535	243	1 cup	added salt
MEAT DAIRY					
13168	Beef, round	262	85	3 oz.	turkey about the same
05040	Chicken	220	85	3 oz.	-
10047	Pork	358	85	3 oz.	fresh loin
01085	Milk, nonfat	376	245	1 cup	-
01117	Yogurt, low fat	531	227	8 oz.	12 grams of protein per 8 oz.

NUTS

12061	Almonds	412	57	2 oz.	(doubled - more reasonable)
12078	Brazil nuts	340	57	2 oz.	(doubled - more reasonable)
16390	Peanuts	374	57	2 oz.	(doubled - more reasonable)

OTHER

19305	Molasses	498	20	1 tbsp	blackstrap
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VEGETABLES (cooked)

11008	Artichoke	595	168	1 cup	-
?	Beans, baked	752	254	1 cup	-
16033	Beans, Kidney	713	177	1 cup	-
16072	Beans, Lima	955	188	1 cup	-
16043	Beans, Pinto	800	171	1 cup	-
16103	Beans, refried	673	252	1 cup	-
16051	Beans, white	1,189	262	1 cup	-
11087	Beet Greens	1,309	144	1 cup	-
11192	Black-eyed peas	690	165	1 cup	-
11091	Broccoli	456	156	1 cup	-
11101	Brussels Sprouts	504	155	1 cup	-
11125	Carrots	354	156	1 cup	-
16057	Chick Peas	477	164	1 cup	garbanzo beans
16006	Jerusalem Artichokes	644	150	1 cup	-
16070	Lentils	731	198	1 cup	-
11299	Parsnips	573	156	1 cup	-
16109	Soybeans	886	172	1 cup	-
11458	Spinach	839	180	1 cup	-
11644	Squash, Winter	896	205	1 cup	-
11508	Sweet Potatoes	508	146	1 cup	with the skin
11674	Potatoes	1,081	202	1	most is in the skin
11529	Tomatoes, raw	400	180	1 cup	red, ripe, raw



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