

## Foods High in Potassium

**Foods with more than 200mg per serving  
Based on ½ cup servings  
(Unless indicated otherwise)**

Fruits	Vegetables	Other foods
Apricots (fresh) Avocado Banana Breadfruit Cantaloupe Coconut dried (unsweetened) Dried Fruits Durian Guava Honeydew Jack fruit Kiwi Nectarines Orange (1 medium) Passion fruit Peach (medium) Pear (medium) Persimmon, Japanese (medium) Plantain Pomegranate Pummelo Rhubarb Tangerine	Artichoke (cooked) Asparagus (boiled) Beets Beet Greens (boiled) Bok Choy (cooked) Broccoli Brussels Sprouts Celery (cooked) Corn (cooked) Carrots (raw or grated) Kohlrabi Mushrooms (dried and cooked) Parsnips (cooked) Potatoes Pumpkin Rutabaga Seaweed (dried) Spinach (cooked) Squash (acorn, butternut, hubbard, zucchini) Sweet Potato	Swiss Chard (cooked) Tomatoes (medium, raw) Tomato Paste Tomato Sauce Yams
		Black licorice Bran muffin Bran cereals Chocolate Coconut milk (1/2 cup, 249 mg) Dried Beans Dried Peas Edamame Lentils Milk and Dairy products (limit to 1 cup/day = 366mg) Maple Syrup Molasses Nuts Salt Substitute Seeds Soya flour
		<div style="background-color: #c6e0b4; text-align: center; padding: 5px;"><b>Juices</b></div> Carrot Coconut water Grapefruit * check with your health care provider before taking as it may interact with your heart pills Orange Passion fruit Pomegranate Prune Tomato Vegetable
		
		

What should your blood Potassium level be?	
<b>Danger - too low</b>	<b>→ Lower than 3 mmol/L</b>
<b>Safe (Normal)</b>	<b>→ 3.5-5.0 mmol/L</b>
<b>Caution</b>	<b>→ 5.0-6.0 mmol/L</b>
<b>Danger - too high</b>	<b>→ Higher than 6.0 mmol/L</b>

## Foods with Less Potassium

**Note:** Almost all foods contain some potassium.

Watch your serving size. A larger serving of a low potassium food can make it a high potassium food.

To check the amount of potassium in food not on this list, check <http://ndb.nal.usda.gov/ndb/search/list>

**One serving = 1/2 cup**

**Enjoy up to 5 servings per day**

Fruits	Vegetables	
Apples	Alfalfa Sprouts	Okra
Applesauce	Asparagus (fresh)	Onions
Apricots (canned)	Bamboo shoots, (canned)	Parsley
Berries (blackberries, blueberries, boysenberries, cranberries, gooseberries, loganberries, raspberries, strawberries)	Bean Sprouts	Peas, green (raw)
Casaba Melon	Beet greens (raw)	Peppers (Raw: Red, Green)
Cherries	Bitter melon	Potato (when double boiled)
Coconut (raw/shredded)	Bokchoy (raw)	Radicchio
Crabapple	Broccoli (raw)	Radishes
Currants, fresh	Cabbage	Seaweed (raw)
Figs fresh	Collards	Shallots
Fruit Cocktail (canned)	Carrots (when double boil)	Spinach (raw)
Grapes (red/green)	Cauliflower	Summer squash
Grapefruit	Celery (raw)	Spaghetti Squash
★ check with your health care provider before taking as it may interact with your heart pills	Cilantro	Swiss Chard (raw)
Kumquat	Corn (canned)	Turnip (when double boiled)
Lemon /Lime	Cucumber	Water chestnuts (canned)
Longans	Eggplant	
Lychee	Fennel bulb (when double boiled)	<b>Juices</b>
Mandarin Orange	Gai lan (Chinese Broccoli)	Apple juice
Mango	Green beans	Apricot Nectar
Oranges (1/2cup only)	Green onions	Papaya nectar
Pineapple	Jicama (when double boiled)	Peach Nectar
Plums	Kale (boiled)	Pear Nectar
Watermelon	Leeks	Pineapple Juice
	Lettuce	Grape Juice
	Mushrooms, raw	
	Mustard Greens	

### Double boiling root vegetables lowers the amount of potassium



- Peel, cube or slice vegetables
- Add double the amount of water
- Bring to a boil, then drain the water
- Add fresh water, finish cooking, and drain again

Limit servings of root vegetables to 1/2 cup per day (or as discussed with your dietitian)

Updated: February 2024.