

Potassium In Foods

NUTRITION TIPS TO MANAGE POTASSIUM INTAKE

Potassium

What is it?

Key nutrient
Essential mineral
Electrolyte for energy

Specialized Needs

Can be depleted with
diarrhea, certain cancer
treatments
May be elevated with
kidney disease

Tips & Tricks

Low <150 mg

Fruits: berries, lemon, lime, pineapple
Veggies: asparagus, cabbage, corn,
cucumber, eggplant, green beans,
green pepper, lettuce, onions,
radishes



Medium 150-250 mg

Fruits: apples, cherries, coconut, fig,
grapefruit, peach, pear, watermelon
Veggies: beets, carrots, cauliflower,
celery, kale, mushrooms, zucchini



High 250-400 mg

Fruits: apricot, dried coconut, kiwi,
mango, oranges, papaya, plantain,
persimmon, prunes, pumpkin,
rhubarb, v-8 juice, carrot juice, OJ,
tomato juice, prune juice
Veggies: acorn squash, cooked beets,
Brussels sprouts, collard greens,
escarole, lentils, beans, parsnips, boiled
potatoes, sweet potatoes, swiss chard,
tomatoes

Very High >400 mg

Fruits: avocado, banana,
cantaloupe, dates, dried fruit,
honeydew, pomegranate, raisins
Veggies: acorn squash, artichoke,
baked beans, broccoli, chickpeas,
baked potato, tomato paste/sauce,
winter squashes, almonds, peanuts



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS