

Food Sources of Potassium

Potassium is a mineral that is found in most fruits and vegetables. It is also found in some other foods. For various health reasons, you may have been told to eat foods with more potassium, but it is sometimes difficult to get enough. Adults need about 4,700 mg of potassium daily. Our need for potassium is even higher with certain medicines (such as diuretics) and with higher consumption of salt (sodium chloride).

Milk and some milk products have high amounts of potassium (370-412 mg per serving). This includes yogurt, milk-based puddings and custards.

Overall, whole fruits and vegetables (including dried fruits) are the best way to add large amounts of potassium to your diet. They are usually lower calorie than other foods and provide antioxidants and other nutrients that we need.

Higher Potassium Fruits (more than 270 mg per serving)

- Apricots (3-4 dried)
- Banana (1 medium)
- Cantaloupe (1 cup cubed or ¼ melon)
- Dried fruits, any kind (1/2 cup)
- Grapefruit juice (6 ounces)
- Honeydew melon (1 cup cubed or ½ melon)
- Orange juice (6 ounces)
- Peach (1 medium)
- Prune juice (6 ounces)
- Tomato/tomato juice (6 ounces)

Higher Potassium Vegetables (more than 270 mg per serving)

- Artichoke (1 medium)
- Brussels sprouts (about 6-7)
- Legumes - lima/navy/pinto/kidney beans and peas (1/4 cup uncooked or ½ cup cooked)
- Potato, baked/boiled/fried (1 medium)
- Pumpkin (1 cup mashed, cooked, or boiled)
- Spinach (3 cups raw or ½ cup cooked)
- V8® and other vegetable juices (6 ounces)

Medium Potassium Fruits (150-250 mg per serving)

- Cherries
- Figs, 2
- Fruit juices - grape (canned/bottled), grapefruit, orange, pineapple
- Grapefruit
- Orange
- Peach
- Pear
- Watermelon

Medium Potassium Vegetables (150-270 mg per serving, portions below are all ½ cup cooked or 1 cup uncooked)

- Asparagus
- Brussel sprouts
- Carrots
- Collards, kale, turnip greens
- Corn
- Garbanzo beans
- Mixed vegetables
- Zucchini

Whole grain and bran breads and cereals contain some potassium, about 140 mg per serving, but are not considered “high potassium” foods.

Meats of all kinds, fish, poultry, peanuts, peanut butter, and eggs are moderate to high sources of potassium. These foods are also good sources of protein, which is needed for normal body function. But unlike fruits and vegetables, these foods should not be consumed in unlimited quantities. A registered dietitian can help you determine your protein needs.

Who to Call

If you have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH)
(608) 890-5500

Nutrition clinics for UW Medical Foundation (UWMF)
(608) 287-2770

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#590