

Food Sources of Potassium

Potassium is a mineral that is found in most fruits and vegetables. It is also found in some other foods. You may have been told to eat foods with more potassium, but it is sometimes hard 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 intake of salt (sodium chloride).

Milk and milk products have high amounts of potassium (370-412 mg per serving). This includes foods like yogurt, milk-based puddings and custards. We suggest low fat dairy choices.

Whole fruits and vegetables 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 in our diets.

Higher Potassium Fruits (more than 270 mg per serving)

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

Higher Potassium Vegetables (more than 270 mg per serving)

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

Medium Potassium Fruits (150-250 mg per serving)

- Cherries
- Figs, 2
- Grapefruit
- Orange
- Fresh peach
- Fresh pear
- Watermelon
- Juice: grape (canned/bottled), grapefruit, orange, pineapple

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

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

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

Meats, 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 cannot usually be consumed in large 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) can be reached at: **(608) 890-5500.**

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770.**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 4/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#590