

### Food Sources of Potassium

**Potassium Diet Food** Find more sources/options for Potassium Diet Food [www.webcrawler.com](http://www.webcrawler.com)

**Food To Lower Cholesterol** Find Foods To Lower Cholesterol & Lower Your Cholesterol Level Today. [StayingFit.com](http://StayingFit.com)

**Free Diabetes Meal Plan** Eat Right & Lose Weight to Control Diabetes. Free from Everyday Health [www.EverydayHealth...](http://www.EverydayHealth...)

AdChoices 

Food Sources of Potassium ranked by milligrams of potassium per standard amount, also showing calories in the standard amount.

(The AI for adults is 4,700 mg/day potassium.)

Food, Standard Amount	Potassium (mg)	Calories
Sweetpotato, baked, 1 potato (146 g)	694	131
Tomato paste, ¼ cup	664	54
Beet greens, cooked, ½ cup	655	19
Potato, baked, flesh, 1 potato (156 g)	610	145
White beans, canned, ½ cup	595	153
Yogurt, plain, non-fat, 8-oz container	579	127
Tomato puree, ½ cup	549	48
Clams, canned, 3 oz	534	126
Yogurt, plain, low-fat, 8-oz container	531	143
Prune juice, ¾ cup	530	136
Carrot juice, ¾ cup	517	71
Blackstrap molasses, 1 Tbsp	498	47
Halibut, cooked, 3 oz	490	119
Soybeans, green, cooked, ½ cup	485	127
Tuna, yellowfin, cooked, 3 oz	484	118
Lima beans, cooked, ½ cup	484	104
Winter squash, cooked, ½ cup	448	40
Soybeans, mature, cooked, ½ cup	443	149
Rockfish, Pacific, cooked, 3 oz	442	103
Cod, Pacific, cooked, 3 oz	439	89
Bananas, 1 medium	422	105
Spinach, cooked, ½ cup	419	21
Tomato juice, ¾ cup	417	31
Tomato sauce, ½ cup	405	39

Peaches, dried, uncooked, ¼ cup	398	96
Prunes, stewed, ½ cup	398	133
Milk, non-fat, 1 cup	382	83
Pork chop, center loin, cooked, 3 oz	382	197
Apricots, dried, uncooked, ¼ cup	378	78
Rainbow trout, farmed, cooked, 3 oz	375	144
Pork loin, center rib (roasts), lean, roasted, 3 oz	371	190
Buttermilk, cultured, low-fat, 1 cup	370	98
Cantaloupe, ¼ medium	368	47
1%-2% milk, 1 cup	366	102-122
Honeydew melon, 1/8 medium	365	58
Lentils, cooked, ½ cup	365	115
Plantains, cooked, ½ cup slices	358	90
Kidney beans, cooked, ½ cup	358	112
Orange juice, ¾ cup	355	85
Split peas, cooked, ½ cup	355	116
Yogurt, plain, whole milk, 8 oz container	352	138

### Recommended Books about Potassium

[The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease](#)

[Food - Fuel - Fitness](#)

[The High Blood Pressure Solution: Natural Prevention and Cure With the K Factor](#)

[Everything You Always Wanted to Know About Potassium but Were too Tired to Ask](#)

[Amazon.com Gift Card](#)

[Cholesterol Lowering Food](#) Need To Lower Your LDL Cholesterol? Easy Changes & Diet Suggestions [cholesterol-c...](#)

[Lower High Blood Pressure](#) Naturally with NO DRUGS Safe and Inexpensive [www.earthworkshealth.com](#)

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