

Appendix 10.

Food Sources of Potassium

Table A10-1.

Potassium: Food Sources Ranked by Amounts of Potassium & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Potassium in Standard Portion (mg) ^[a]	Calories per 100 grams ^[a]	Potassium per 100 grams (mg) ^[a]
Potato, Baked, Flesh & Skin	1 medium	163	941	94	544
Prune Juice, Canned	1 cup	182	707	71	276
Carrot Juice, Canned	1 cup	94	689	40	292
Passion-Fruit Juice, Yellow or Purple	1 cup	126-148	687	51-60	278
Tomato Paste, Canned	¼ cup	54	669	82	1,014
Beet Greens, Cooked from Fresh	½ cup	19	654	27	909
Adzuki Beans, Cooked	½ cup	147	612	128	532
White Beans, Canned	½ cup	149	595	114	454
Plain Yogurt, Nonfat	1 cup	127	579	56	255
Tomato Puree	½ cup	48	549	38	439
Sweet Potato, Baked in Skin	1 medium	103	542	90	475
Salmon, Atlantic, Wild, Cooked	3 ounces	155	534	182	628

Table A10-1. (continued...)

Potassium: Food Sources Ranked by Amounts of Potassium & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Potassium in Standard Portion (mg) ^[a]	Calories per 100 grams ^[a]	Potassium per 100 grams (mg) ^[a]
Clams, Canned	3 ounces	121	534	142	628
Pomegranate Juice	1 cup	134	533	54	214
Plain Yogurt, Low-Fat	8 ounces	143	531	63	234
Tomato Juice, Canned	1 cup	41	527	17	217
Orange Juice, Fresh	1 cup	112	496	45	200
Soybeans, Green, Cooked	½ cup	127	485	141	539
Chard, Swiss, Cooked	½ cup	18	481	20	549
Lima Beans, Cooked	½ cup	108	478	115	508
Mackerel, Various Types, Cooked	3 ounces	114-171	443-474	134-201	521-558
Vegetable Juice, Canned	1 cup	48	468	19	185
Chili with Beans, Canned	½ cup	144	467	112	365
Great Northern Beans, Canned	½ cup	150	460	114	351
Yam, Cooked	½ cup	79	456	116	670
Halibut, Cooked	3 ounces	94	449	111	528
Tuna, Yellowfin, Cooked	3 ounces	111	448	130	527
Acorn Squash, Cooked	½ cup	58	448	56	437

Food	Standard Portion Size	Calories in Standard Portion^[a]	Potassium in Standard Portion (mg)^[a]	Calories per 100 grams^[a]	Potassium per 100 grams (mg)^[a]
Snapper, Cooked	3 ounces	109	444	128	522
Soybeans, Mature, Cooked	½ cup	149	443	173	515
Tangerine Juice, Fresh	1 cup	106	440	43	178
Pink Beans, Cooked	½ cup	126	430	149	508
Chocolate Milk (1%, 2% & Whole)	1 cup	178-208	418-425	71-83	167-170
Amaranth Leaves, Cooked	½ cup	14	423	21	641
Banana	1 medium	105	422	89	358
Spinach, Cooked from Fresh or Canned	½ cup	21-25	370-419	23	346-466
Black Turtle Beans, Cooked	½ cup	121	401	130	433
Peaches, Dried, Uncooked	¼ cup	96	399	239	996
Prunes, Stewed	½ cup	133	398	107	321
Rockfish, Pacific, Cooked	3 ounces	93	397	109	467
Rainbow Trout, Wild or Farmed, Cooked	3 ounces	128-143	381-383	150-168	448-450
Skim Milk (Nonfat)	1 cup	83	382	34	156
Refried Beans, Canned, Traditional	½ cup	106	380	89	319
Apricots, Dried, Uncooked	¼ cup	78	378	241	1162
Pinto Beans, Cooked	½ cup	123	373	143	436

Table A10-1. (continued...)

Potassium: Food Sources Ranked by Amounts of Potassium & Energy per Standard Food Portions & per 100 Grams of Foods

Food	Standard Portion Size	Calories in Standard Portion ^[a]	Potassium in Standard Portion (mg) ^[a]	Calories per 100 grams ^[a]	Potassium per 100 grams (mg) ^[a]
Lentils, Cooked	½ cup	115	365	116	369
Avocado	½ cup	120	364	160	485
Tomato Sauce, Canned	½ cup	30	364	24	297
Plantains, Slices, Cooked	½ cup	89	358	116	465
Kidney Beans, Cooked	½ cup	113	357	127	403
Navy Beans, Cooked	½ cup	128	354	140	389

[a] Source: U.S Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Available at: <http://www.ars.usda.gov/nutrientdata>.