

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 advised to eat foods with more potassium. 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) in our diets.

- 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 are needed in our diets.

High 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)
- Grapes, canned or fresh (1 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)

High 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)

Lower Potassium Fruits: (Less than 150 mg per serving)

- Nectar, peach or pear (6 ounces)
- Cranberry juice (6 ounces)
- Applesauce (1/2 cup)
- Blueberries (1/2 cup)
- Fruit cocktail (1/2 cup)
- Tangerine (1 medium)
- Pineapple, canned (1/2 cup)

Lower Potassium Vegetables: (Less than 150 mg per serving, ½ cup cooked)

- Beans, green or wax
- Cauliflower
- Cabbage
- Collard greens
- Eggplant
- Kale
- Peppers, sweet or hot

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.

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you have more questions please contact UW Health at one of the phone number 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 © 4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#590