

Potassium Content of Everyday Foods

Most of the items listed below are good sources of potassium. A few such as fats, oils, processed cheese, eggs and pizza are listed to show types of foods that tend to be low in potassium. The breads and rice are listed to show the difference between whole grain and refined grain and refined grain products.

	Serving Size	Milligrams (mg) Potassium
Beverages & Fruit Juices		
Grapefruit juice, frozen	1 cup	420
Orange juice, frozen	1 cup	503
Tangerine juice, frozen	1 cup	432
Tomato juice, low sodium	1 cup	549
Prune juice	1 cup	602
Dairy Products		
American pasteurized processed cheese	1 oz.	23
Milk, whole	1 cup	351
skim	1 cup	355
Eggs, Fish, Meat & Poultry		
Egg, whole	1 large	65
Tuna, chunk style, in water	3 oz.	237
Chicken, lt. meat without skin	3 oz.	369
Ground beef, lean, cooked	3 oz.	221
Pork loin, lean, cooked	3 oz.	280
Sirloin steak, lean, cooked	3 oz.	307
Fast Foods		
Pizza, frozen, cheese	1/7 of 10" pie	65
Fruits		
Apricots, fresh dried	3 10 med. halves	301 343

	Serving Size	Milligrams (mg) Potassium
Avocado	1/2	680
Banana	1 med.	440
Cantaloupe	1/2 melon	682
Dates, with pits	10	518
Prunes	10 med.	448
Raisins, dark, not packed	2 Tbsp. 1/2 cup	138 553
Watermelon, diced	1 cup	160
Grain Products		
Bread, white	1 slice	29
whole wheat	1 slice	68
Oatmeal, cooked	1 cup	146
Rice, brown, cooked	1/2 cup	69
Rice, white, cooked	1/2 cup	29
Spaghetti, cooked	1 cup	103
Wheat germ	1 Tbsp.	57
Legumes & Vegetables		
Broccoli, cooked	1/2 cup	207
Brussels sprouts, cooked	1/2 cup	212
Cauliflower, cooked	1/2 cup	129
Lentils, cooked	1/2 cup	249
Mushrooms, raw	1/2 cup	145
Peanuts, roasted, with skins, jumbo, in shell	10	127
Potato, boiled in skin	1 med.	556
Spinach, cooked	1/2 cup	292
Sweet potato, baked	1 large	342
Winter squash, baked	1/2 cup	473
Fats, Oils & Sweets		
Butter	1 Tbsp.	3
Margarine	1 Tbsp.	3
Molasses, light	1 Tbsp.	183
Oil	1 Tbsp.	0

Source: USDA Handbook #456