



80 HIGHER-POTASSIUM FOOD

TO AVOID OR LIMIT*

Fruits		Other	
Apricots (canned), ½ cup	200 mg	Almonds, 1 oz	201 mg
Banana, 1 medium	467 mg	Baked Beans, 3 oz	380 mg
Cantaloupe, ½ cup	247 mg	Black-eyed Peas, 3 oz	320 mg
Dates, ½ cup	581 mg	Catfish (breaded), 3 oz	289 mg
Figs (dry), 2	271 mg	Cheeseburger (no toppings)	285 mg
Fruit Cocktail, ½ cup	210 mg	Chicken Breast (no skin), 3 oz	220 mg
Honeydew, ½ cup	230 mg	Chili (with beans), 1 cup	691 mg
Kiwi, 1 medium	252 mg	Chocolate Milk, ½ cup	210 mg
Nectarine, 1 medium	288 mg	Clams (raw), 3 oz	267 mg
Orange, 1 medium	237 mg	Cod, 3 oz	440 mg
Passion Fruit (purple), ½ cup	410 mg	Condensed Milk, ½ cup	567 mg
Pear, 1 medium	208 mg	Eggnog, ½ cup	210 mg
Plantain (cooked), ½ cup	360 mg	Evaporated Milk, ½ cup	425 mg
Pomegranate, 1 medium	399 mg	Granola (with raisins), 1 cup	420 mg
Prunes, ½ cup	415 mg	Grapefruit Juice, ½ cup	203 mg
Raisins, ½ cup	545 mg	Haddock, 3 oz	339 mg
		Ham, 3 oz	300 mg
		Kidney Beans, 3 oz	350 mg
		Lamb, 3 oz	265 mg
		Lentils, 3 oz	365 mg
		Lobster, 3 oz	300 mg
		Oat Bran Muffin, small	289 mg
		Orange Juice, ½ cup	237 mg
		Pistachios, 1 oz	295 mg
		Pork Loin/Chop, 3 oz	370 mg
		Potato Chips (plain), 1 oz	361 mg
		Prune Juice, ½ cup	354 mg
		Pumpkin Pie, ⅙ pie	288 mg
		Salmon, 3 oz	319 mg
		Salt Substitute, ¼ teaspoon	800 mg
		Scallops, 6 large	300 mg
		Skim Milk, ½ cup	204 mg
		Soybeans, 3 oz	485 mg
		Taco, small	474 mg
		Tomato Juice, ½ cup	267 mg
		Trail Mix, ½ cup	495 mg
		Tuna (canned), 3 oz	200 mg
		Tuna (fresh), 3 oz	484 mg
		Turkey (light/dark), 3 oz	250 mg
		Veal (roasted), 3 oz	251 mg
		Yogurt (plain, low-fat), 8 oz	531 mg
Vegetables			
Artichoke, 1 medium	425 mg		
Asparagus (canned/frozen), ½ cup	200 mg		
Avocado, ½ cup	558 mg		
Baked Potato, 1 medium	610 mg		
Beet Greens, ½ cup	650 mg		
Broccoli (cooked), ½ cup	228 mg		
Brussels Sprouts (cooked), ½ cup	250 mg		
Collards (cooked), ½ cup	246 mg		
French Fries, ½ cup	550 mg		
Hash Browns, ½ cup	251 mg		
Kohlrabi (cooked), ½ cup	280 mg		
Mashed Potatoes, ½ cup	315 mg		
Okra (cooked), ½ cup	258 mg		
Parsnips, ½ cup	286 mg		
Potatoes au Gratin, 3 oz	485 mg		
Rutabaga (cooked), ½ cup	277 mg		
Sauerkraut (canned), ½ cup	201 mg		
Spinach (canned), ½ cup	370 mg		
Tomato, (fresh, raw), ½ cup	200 mg		
Tomato Paste, ½ cup	1,228 mg		
Tomato Sauce, ½ cup	454 mg		
Winter Squash (cooked), ½ cup	448 mg		
Yams (canned), ½ cup	398 mg		



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*All potassium amounts are approximate. Please check packaging and the Nutrition Facts Label if available. Talk with your healthcare provider before making any change to your diet. This is an informational resource only and is not a substitute for medical advice.

Fruits		Other	
Apple (raw), ½ cup	159 mg	American Cheese, 1 oz	69 mg
Applesauce, ½ cup	78 mg	Apple Juice, ½ cup	148 mg
Apricot (raw)	104 mg	Apple Pie, ⅛ pie	122 mg
Blackberries (raw), ½ cup	117 mg	Bagel (plain), 3½"	72 mg
Blueberries (raw), ½ cup	57 mg	Blueberry Muffin, small	70 mg
Cherries, 10	152 mg	Bread (wheat or white, sliced)	50 mg
Grapefruit, one-half	159 mg	Cashews, 1 oz	160 mg
Grapes, 10	93 mg	Cheddar Cheese, 1 oz	28 mg
Lemon (medium)	80 mg	Cherry Pie, ⅛ pie	139 mg
Mandarin Orange (raw)	132 mg	Chocolate Bar, 1½ oz	169 mg
Mango, ½ cup	128 mg	Chocolate Cake, 2x2"	126 mg
Papaya, ½ cup	180 mg	Chocolate Chip Cookie	36 mg
Peaches, (yellow/raw), ½ cup	147 mg	Chocolate Ice Cream, ½ cup	164 mg
Pineapple (canned)	152 mg	Coffee, 1 cup	128 mg
Pineapple (raw), ½ cup	88 mg	Cola, 12 fl oz	4 mg
Plum	114 mg	Cornbread, 2x2"	96 mg
Raspberries (raw), ½ cup	94 mg	Cottage Cheese, ½ cup	97 mg
Strawberries (raw), ½ cup	138 mg	Crackers, 4	15 mg
Tangerine (raw)	132 mg	Cranberry Juice, ½ cup	23 mg
Watermelon (raw), ½ cup	176 mg	Cream Cheese, 1 oz	17 mg
		Egg, 1	70 mg
		Grape Juice, ½ cup	26 mg
		Grits, 1 cup	51 mg
		Ground Beef (lean), 3 oz	135 mg
		Lemon/Lime Soda, 12 fl oz	4 mg
		Low-fat Milk (1%), ½ cup	190 mg
		Pancake (buttermilk), small	55 mg
		Pasta (cooked), ½ cup	45 mg
		Peanut Butter, 1 tbsp	115 mg
		Pecan Pie, ⅛ pie	162 mg
		Pineapple Juice, ½ cup	168 mg
		Popcorn, 1 cup	25 mg
		Roast Beef, 3 oz	150 mg
		Shrimp, 3 oz	155 mg
		Tea, 1 cup	88 mg
		Tortilla (corn or flour)	41 mg
		Vanilla Ice Cream, ½ cup	131 mg
		Walnuts, 1 oz	125 mg
		Wheat Bran Muffin, small	60 mg
		White Rice (cooked), ½ cup	33 mg
		Whole Milk, ½ cup	185 mg
Vegetables			
Beets (canned), ½ cup	126 mg		
Broccoli (raw), ½ cup	143 mg		
Cabbage (green, raw), ½ cup	86 mg		
Carrots (raw), ½ cup	178 mg		
Cauliflower (cooked), ½ cup	115 mg		
Celery (raw), ½ cup	172 mg		
Corn (creamed), ½ cup	171 mg		
Corn (frozen), ½ cup	121 mg		
Cucumber (with peel), ½ cup	75 mg		
Eggplant (cooked), ½ cup	123 mg		
Green Beans, ½ cup	85 mg		
Green Pepper, ½ cup	132 mg		
Lettuce, ½ cup	43 mg		
Mushrooms (raw), ½ cup	130 mg		
Onion (raw), ½ cup	126 mg		
Peas (canned), ½ cup	148 mg		
Spinach (raw), ½ cup	84 mg		
Summer Squash (cooked), ½ cup	173 mg		
Yellow Beans, ½ cup	85 mg		

Diet changes alone may not be enough to manage high potassium. Talk with your healthcare provider today about all the ways you can manage your high potassium, and visit highpotassium.com to learn more.

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Source: USDA National Nutrient Database 2018, Nutrients: Potassium