Potassium Foods

Ask your dietitian how many servings of potassium foods you should have from each group.

Low potassium foods

Serving sizes are ½ cup or 1 medium unless another amount is listed.

Apple
Apricots (2 raw, 1 canned)
Berries (strawberries, blueberries, blackberries, raspberries)
Cherries (10)
Grapes (20)
Lemon, lime

Mango
Mandarin orange, tangerine
Peach
Pear
Pineapple
Plum
Pomegranate (½ raw, ¼ cup or 60 mL juice)

Prunes (3 dried or canned)
Watermelon, honeydew
Beans (green, yellow)
Broccoli
Cabbage
Carrot
Cauliflower

Celery
Corn
Cucumber
Eggplant
Garlic
Leeks
Lettuce

Mushrooms (raw, cooked, or canned)
Onion
Peas
Peppers
Potato (peeled, cut into small pieces, then boiled)

Tomato (½ raw, 2 Tbsp ketchup, ¼ cup/60 mL sauce)
Turnip
Zucchini
Medium potassium foods
Serving sizes are ½ cup or 1 medium unless another amount is listed.

Milk
(½ cup/125 mL)

Yogurt
(½ cup/125 mL)

Ice cream
(½ cup/125 mL)

Whole grain breads and cereals

Bran muffin, bran cereal

Coffee, tea
(2 to 3 cups/500 to 700 mL)

Nuts, seeds, nut butters
(2 Tbsp/30 mL)

Dried beans, peas, lentils
(½ cup/125 mL per week)

Coconut, raisins
(2 Tbsp/30 mL)

Chocolate
(15 grams)

Juice
(½ cup/125 mL grape, pineapple, apple; ¼ cup/60 mL prune)

High potassium foods
Serving sizes are ½ cup or 1 medium unless another amount is listed.

Avocado

Banana

Cantaloupe

Guava

Kiwi

Nectarine

Oranges, orange juice

Papaya

Persimmon

Plantain

Artichoke

Beet, beet greens

Bok choy

Brussels sprouts

Parsnip

Salt substitute
(No Salt®, Half-Salt®)

Potato
(baked, fries, chips)

Pumpkin

Spinach
(cooked)

Squash
(acorn, butternut, hubbard)

Sweet potato, yam

Juice(tomato, Clamato®, V-8®)

Tomato
(canned, cooked, or paste; ½ cup/125 mL sauce)