

Food Sources of Potassium

Potassium is important in the regulation of fluid balance in the body. It is also essential for cardiovascular health, muscular activity, efficient nerve transmission, and proper kidney and adrenal function. In fact, it is used in most bodily functions. Certain diuretics increase the excretion of potassium, disrupting the body's ratio of potassium to sodium, which is required for proper functioning of the processes mentioned above.

The RDA for potassium is 0.8 to 5.0 grams per day, depending on activity levels and fluid loss. It is not difficult to ingest adequate amounts of potassium from fruit and vegetable sources.

Vegetables, cooked Milligrams

(unless otherwise indicated)

	Amount	Milligrams
Potato	1 medium	952
Sweet potato	1 medium	542
Spinach	½ cup	420
Tomato sauce	½ cup	405
Sweet potato	1 medium	397
Artichoke	1 medium	343
Spinach, raw	2 cups	334
Cauliflower, raw	1 cup	320
Tomato, raw	1 medium	292
Broccoli, raw	1 cup	288
Parsnips	½ cup	286
Pumpkin	½ cup	282
Mushrooms	½ cup	278
Squash, winter	½ cup	247
Avocado, fresh	¼ whole	244
Broccoli	1 cup	229
Mushrooms, raw	1 cup	223
Asparagus	6 spears	202
Green beans	1 cup	182
Cauliflower	1 cup	178
Mustard greens	½ cup	141
Celery, raw	1 medium stalk	104

Beans

Soy, green (edamame)	½ cup	485
Great northern	½ cup	460
Lima, boiled	½ cup	365
Kidney	½ cup	328
Pinto	½ cup	292

Fruits

Cantaloupe	1 cup	473
Kiwi fruit	2 medium	431
Banana	1 medium	422
Prune juice	½ cup	353
Figs, raw	3 medium	348
Cherries	1 cup	342
Orange	1 large	333
Nectarine	1 medium	285
Raisins	¼ cup	272
Strawberries	1 cup	254
Orange juice	½ cup	248
Blackberries	1 cup	233
Prunes, dried	3 medium	209
Apricots, dried	5 halves	203
Raspberries	1 cup	186
Apple	1 medium	195