

Foods with Potassium

Low Potassium = less than 150mg per serving

Medium Potassium = 150 – 250 mg per serving

High Potassium = more than 250mg per serving

DAIRY and NON-DAIRY SUBSTITUTES

Based on 8 fluid ounces (1 cup) unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Coconut milk, unsweetened	46 mg	Almond milk, unsweetened	176 mg	Coconut milk, canned	528 mg
Rice milk, unsweetened	65 mg	Greek yogurt, plain (6 oz. fat free, low fat, or whole milk)	240 mg	Cow's milk, whole	322 mg
Brie cheese	43 mg			Cow's milk, low fat 2%	342 mg
Cheddar cheese	22 mg			Cow's milk, low fat 1%	366 mg
Cream cheese	37 mg			Cow's milk, fat free	382 mg
Feta cheese	18 mg			Soy milk, unsweetened	299 mg
Mozzarella cheese	22 mg			<u>Yogurt plain</u> (6 oz.)	264 mg
Parmesan (1 Tbsp)	5 mg			Whole milk	398 mg
Swiss cheese	20 mg			Low fat	434 mg
Low-fat cottage or ricotta (½ cup)	140 mg			Fat free	

BREADS, GRAINS, AND CEREALS

Based on ½ cup cooked, unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Bread, white	37 mg	Amaranth	166 mg	Granola	658 mg
Bread, whole wheat	81 mg	Bran Flakes (1 cup)	213 mg	Grape Nuts	464 mg
Barley/Buckwheat	74 mg	Cheerios (1 cup)	177 mg	Raisin Bran	310 mg
Bulgur	124 mg	Cornmeal/masa	150 mg	Wheat germ (¼ cup)	268 mg
Corn Flakes (1 cup)	30 mg	Quinoa	159 mg		
Rice Chex (1 cup)	50 mg				
Rice Krispies (1 cup)	35 mg				
Couscous	91 mg				
Grits	35 mg				
Oatmeal	82 mg				
Oat bran	101 mg				
Brown rice pasta	95 mg				
Soba	20 mg				
Pasta, white	27 mg				
Pasta, whole wheat	56 mg				
Popcorn (1 cup)	26 mg				
Tortilla, corn (6 inches)	45 mg				
Tortilla, flour (6 inches)	42 mg				
Rice, brown/wild	80 mg				
Rice, white	13 mg				

PROTEINS

Based on 3 ounces, unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Eggs (1)	63 mg	Beef, rib eye	241 mg	Beef, chuck	271 mg
Egg whites (1)	54 mg	Beef, T-bone	238 mg	Beef, ground/sirloin	315 mg
Macadamia (1oz.)	104 mg	Chicken, dark meat	191 mg	Halibut	449 mg
Pecans (1oz.)	115 mg	Chicken, light meat	201 mg	Tilapia	331 mg
Walnuts (1oz.)	129 mg	Cod, Atlantic	207 mg	Salmon, canned	292 mg
		Tuna, canned	201 mg	Salmon, wild	543 mg
		Lamb shank	219 mg	Ground chicken	575 mg
		Tofu, silken	151 mg	Ground lamb	288 mg
		Tofu, firm	165 mg	Pork loin	540 mg
		Turkey, dark meat	193 mg	Pistachios (1oz.)	285 mg
		Turkey, ground	250 mg	Tempeh	341 mg
		Turkey, light meat	212 mg	Adzuki (1 cup)	1224 mg
		Almonds (1oz.)	198 mg	Black beans (1 cup)	611 mg
		Cashews (1oz.)	187 mg	Edamame (1 cup)	676 mg
		Hazelnuts (1oz.)	193 mg	Garbanzo (1 cup)	477 mg
		Peanuts 1oz.)	180 mg	Kidney beans (1 cup)	713 mg
		Pumpkin Seeds (1oz.)	223 mg	Lentils (1 cup)	731 mg
		Sunflower Seeds (1oz.)	241 mg	Navy beans (1 cup)	708 mg
				Pinto beans (1 cup)	746 mg
				Split peas (1 cup)	710 mg

FATS AND CONDIMENTS

Based on 1 tablespoon unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Balsamic vinegar	18 mg	Avocado (¼)	244 mg	Chili sauce (¼ cup)	253 mg
Barbeque sauce	39 mg	Flaxseed, ground (1oz.)	158 mg	Salsa (½ cup)	358 mg
Butter/oils	0-3 mg	Guacamole (2 Tbsp)	150 mg	Salt substitute (¼ tsp)	640 mg
Catsup	48 mg	Hummus (¼ cup)	192 mg		
Chia seeds (1oz.)	115 mg	Almond butter (2 Tbsp)	240 mg		
Enchilada sauce (¼ cup)	57 mg	Cashew butter (2 Tbsp)	174 mg		
Mayonnaise	3 mg	Peanut butter (2 Tbsp)	189 mg		
Mustard	8 mg	Sunflower butter (2 Tbsp)	180 mg		
Ranch dressing	10 mg	Tbsp)	233 mg		
Sour cream	15 mg	Salsa verde (½ cup)			
Soy sauce	70 mg				
Thousand Island	17 mg				



SWEETS

Based on ½ cup portion unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Brownie (1)	83 mg	Chocolate ice cream	164 mg	Chocolate mousse	289 mg
Fig bar (1)	33 mg	Chocolate pudding	213 mg	Trail mix (¼ cup)	257 mg
Fruit leather (1)	50 mg	Dark chocolate (1oz.)	161 mg		
Chocolate chip cookie (1)	16 mg	Pumpkin pie (⅓ of pie)	222 mg		
		Nutella (2 Tbsp)	151 mg		
Oatmeal cookie (1)	33 mg				
Vanilla ice cream	81 mg				
Apple pie (⅓ of pie)	131 mg				
Peach pie (⅓ of pie)	110 mg				
Pecan pie (⅓ of pie)	132 mg				



BEVERAGES

Based on 8 fluid ounces unless noted otherwise.

Low Potassium		Medium Potassium		High Potassium	
Black tea	88 mg	Nepro	250 mg	Coconut water	404 mg
Boost glucose control, vanilla	50 mg	Orgain protein powder (2 scoops)	160 mg	Ensure original	396 mg
Coffee	120 mg		Ensure plus	441 mg	
Ginger ale	2 mg		Glucerna	330 mg	
Green tea	19 mg		Muscle milk	468 mg	
Lemonade	24 mg		Orgain shake	287 mg	
Sports drinks	47 mg		Premier protein shake (11 fluid oz)	310-	
Water, plain or sparkling	0 mg			450 mg	

