

Potassium Rich Foods

Food	Amount	Potassium (mg)	Sodium (mg)	Potassium to Sodium ratio
Banana, raw	1 medium	422	1	422:1
Black beans, cooked without salt	1/2 cup	305	1	305:1
Orange	1 medium	232	1	232:1
Orange juice	3/4 cup	357	2	178:1
Grapefruit juice	3/4 cup	252	2	126:1
Peanuts, dry roasted, no salt	1 1/2 ounces	280	3	93:1
<i>Peanuts, dry roasted, with salt</i>	<i>1 1/2 ounces</i>	<i>280</i>	<i>346</i>	<i>0.8:1</i>
Avocado	1/2 medium	487	7	69:1
Raisins	1/2 cup	543	8	68:1
Prune juice	3/4 cup	530	8	66:1
Baked potato, plain, with skin	1 medium	926	17	54:1
<i>Fast-food French fries</i>	<i>1 medium order</i>	<i>655</i>	<i>266</i>	<i>2.5:1</i>
Peanut butter, without salt	2 tablespoons	208	5	42:1
<i>Peanut butter, with salt</i>	<i>2 tablespoons</i>	<i>208</i>	<i>147</i>	<i>1.4:1</i>
Brussels sprouts, steamed	1/2 cup	248	7	35:1
Applesauce (jar), no salt	1/2 cup	92	3	31:1
<i>Applesauce (jar), with salt</i>	<i>1/2 cup</i>	<i>78</i>	<i>36</i>	<i>2.2:1</i>
Oatmeal, regular	1 cup	164	9	18:1
<i>Quaker's Instant Oatmeal</i>	<i>1 packet</i>	<i>116</i>	<i>249</i>	<i>0.5:1</i>
Cantaloupe	1/4 medium	368	22	17:1
Halibut, baked	3 ounces	490	59	8:1
Spinach, boiled	1/2 cup	420	63	7:1
Salmon, baked	3 ounces	244	39	6:1
<i>Salmon, canned</i>	<i>3 ounces/em></i>	<i>311</i>	<i>399</i>	<i>0.8:1</i>

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Food	Amount	Potassium (mg)	Sodium (mg)	Potassium to Sodium ratio
V8, low-sodium	1 cup	820	140	6:1
V8, regular	1 cup	470	480	1:1
Carrots, raw	1/2 cup	205	44	5:1
Beet greens	1/2 cup	655	173	4:1
Milk, 1%	1 cup	366	107	3:1
Cheerios	1 cup	171	186	0.9:1
Marinara sauce, prepared	1/2 cup	406	527	0.8:1
Pork and beans, canned	1 cup	726	1075	0.7:1
Fast-food cheeseburger	1 regular	444	1176	0.4:1
French bread	1 medium slice	82	416	0.2:1
Cornflakes	1 cup	33	266	0.1:1
Source: USDA National Nutrient Database				