

# 40 High Potassium Foods

Food	Serving (Imperial)	Serving (Metric)	Potassium (mg)	Sodium (mg)	Potassium to Sodium ratio
Baked potato, plain, with skin	6 oz	170 g	926	17	54:1
Sweet Potato, Baked	6 oz	170 g	840	65	13:1
V8, low sodium	1 cup	240 ml	820	140	6:1
Beet greens	1/2 cup	90 g	655	173	4:1
Raisins	1/2 cup	70 g	545	8	68:1
Prune juice	3/4 cup	180 ml	530	8	66:1
Halibut, baked	3 ounces	85 g	490	59	8:1
Avocado	1/2 med	100 g	485	7	69:1
V8, regular	1 cup	240 ml	470	480	1:1
Cod, Raw	4 oz	112 g	465	60	7.5:1
Lentil Soup	1 cup	200 g	460	300	1.5:1
Green Peas, Cooked	1 cup	160 g	435	5	87:1
Tilapia, cooked	4 oz	115 g	430	65	6.6:1
Spinach, boiled	1/2 cup	90 g	420	63	7:1
Banana, raw	1 medium	110 g	420	1	422:1
Marinara sauce, prepared	1/2 cup	120 g	406	527	0.8:1
Pinto Beans, Boiled	1/2 cup	85 g	370	2	185:1
Cantaloupe	1/4 med	175 g	370	22	17:1
Broccoli, Boiled	3/4 cup	112 g	360	35	25:1
Milk, 1%	1 cup	240 ml	365	107	3:1
Orange juice	3/4 cup	180 ml	355	2	178:1
Navy Beans, Boiled	1/2 cup	90 g	350	1	350:1
Salmon, canned	3 ounces	85 g	310	399	0.8:1
Black beans, cooked	1/2 cup	90 g	305	1	305:1
Butternut Squash, Boiled	1/2 cup	100 g	290	8	36:1
Peanuts, dry roasted, no salt	1 1/2 ounces	45 g	280	3	93:1
Peanuts, dry roasted, w/ salt	1 1/2 ounces	45 g	280	346	0.8:1

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Food	Serving (Imperial)	Serving (Metric)	Potassium (mg)	Sodium (mg)	Potassium to Sodium ratio
Grapefruit juice	3/4 cup	180 ml	252	2	126:1
Brussels sprouts, steamed	1/2 cup	80 g	248	7	35:1
Salmon, baked	3 ounces	85 g	245	39	6:1
Orange	1 medium	130 g	235	1	232:1
Peanut butter, without salt	2 tablespoons	35 g	208	5	42:1
Peanut butter, with salt	2 tablespoons	35 g	208	147	1.4:1
Carrots, raw	1/2 cup	65 g	205	44	5:1
Cheerios	1 cup	28 g	171	186	0.9:1
Oatmeal, regular	1 cup		165	9	18:1
Apple, Raw w/Skin	1 small	150 g	165	2	82:1
Green Beans, Cooked	1/2 cup	60 g	90	1	90:1
Applesauce (jar), no salt	1/2 cup	120 g	92	3	31:1
Applesauce (jar), with salt	1/2 cup	120 g	78	36	2.2:1

There is no US RDA (Recommended Dietary Allowance) for potassium. Recommended daily requirement according to the National Institutes of Health are:

2,600 mg Females

3,400 mg Males

Amounts are for healthy adults.