

Low Potassium Foods

Food	Serving (Imperial)	Serving (Metric)	Potassium Amount (mg)	% RDA (DV)
Cranberry Sauce	1/2 cup	140 g	35	1%
Paste, White, Cooked	1 cup	113 g	45	1%
White Rice	1 cup	160 g	55	2%
White Bread	2.1 oz	60 g	70	2%
Blueberries	1 cup	150 g	115	3%
Pineapple, Canned	2 rings	95 g	115	3%
Eggplant (aubergine), cooked	1 cup	100 g	120	4%
Watermelon	1 cup	155 g	170	5%
Asparagus, Raw	3 oz	85 g	185	5%
Apple with skin	1 med	180 g	190	6%
Green Beans, Raw	1 cup	100 g	210	6%
Pear with skin	1 med	200 g	212	6%
Naval Orange	1 med	210 g	230	7%
Blackberries	1 cup	150 g	235	7%
Strawberries	1 cup	155 g	235	7%
Tuna, Light, canned in water	3 oz	113 g	235	7%
Grapes	1 cup	150 g	290	9%
Chicken Breast Meat, Raw	4 oz.	113 g	290	9%
Zucchini Squash, Raw	1 cup	113 g	295	9%
Cauliflower, Cooked	1 cup	110 g	300	9%
Broccoli, Cooked	3 oz	85 g	300	9%
Broccoli, Raw	1 cup	100 g	300	9%
Kale, Raw	1 cup	70 g	300	9%
Cherries With Pits	1 cup	140 g	305	9%
Cauliflower, Raw	1 cup	110 g	325	10%
Ground Beef, Raw 80/20	4 oz.	113 g	335	10%
Sockeye Salmon, Raw	4 oz.	113 g	390	11%

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Adult U.S.RDA (Recommend Dietary Allowance)

3400 mg Healthy Male

2600 mg Healthy Female

NOTE

The U.S. RDA is for healthy adults. Adults with chronic kidney disease (CKD) may be unable to remove excessive potassium. High blood potassium can cause serious side effects including heart arrhythmia. People with CKD should follow their doctor or dieticians' advice about limit foods high in potassium.