



Potassium Foods (K) Sources: (mgs per serving)

As one can see the foods recommended in your diet are replete with potassium. Eating these foods regularly will ensure adequate potassium intake as well as optimizing weight loss. Persons on diuretics (water pills), taking laxatives (especially in excess), those who have prolonged vomiting and diarrhea, or those with kidney disease should consult their doctor for regular potassium checks. If you have any questions, you should always consult your doctor. This is not intended to take the place of routine medical advice from your doctor but is provided for informational purposes.

Food Source:	Description	Wt. (g)	Common Measure	Potassium (mg)
Vegetables:				
Artichoke	Globe or french, cooked, boiled, drained, no salt	168	1 cup	480
Asparagus	Cooked, boiled drained	60	4 spears	134
Asparagus	Frozen, cooked, boiled, drained	180	1 cup	310
Bok Choy	Cooked, boiled (pak choi)	170	1 cup	631
Broccoli	Frozen, cooked, boiled, drained, no salt	184	1 cup	261
Broccoli	Cooked, boiled, drained, no salt	156	1 cup	457
Broccoli	Raw	88	1 cup	278
Brussels sprouts	Fresh, cooked, boiled, drained, no salt	156	1 cup	495
Cabbage	Cooked, boiled, drained, no salt	150	1 cup	294
Cauliflower	Frozen, cooked, boiled, drained, no salt	180	1 cup	250
Cauliflower	Raw	100	1 cup	303
Celery	Raw	120	1 cup	312
Celery	Raw	40	1 stalk	104
Collards	Frozen, chopped, cooked, boiled, drained, no salt	170	1 cup	427
Collards	Cooked, boiled, drained, no salt	190	1 cup	220
Cucumber	Raw with peel	301	1 large	442
Cucumber	Raw, peeled	119	1 cup	162
Dill Pickle	Dill, kosher dill	65	1 pickle	60
Eggplant	Cooked, boiled, drained, no salt	99	1 cup	122
Endive	Raw	50	1 cup	157
Green Beans	Fresh cooked	125	1 cup	183
Green Beans	Canned, drained	135	1 cup	150
Green Onions	Raw, tops and bulb	100	1 cup	276
Hot Peppers	Green raw	45	1 pepper	153
Kale	Cooked, boiled, drained, no salt	130	1 cup	296
Kale	Frozen, cooked, boiled, drained, no salt	130	1 cup	417
Kohlrabi	Cooked, boiled, drained, no salt	165	1 cup	561
Leeks	Bulb and leaf	104	1 cup	90
Mushrooms	Raw, white	70	1 cup	223
Mushrooms	Canned, drained	156	1 cup	201
Mushrooms	Cooked, drained, boiled, no salt	156	1 cup	555
Okra	Cooked, boiled, drained, no salt	160	1 cup	216
Okra	Frozen, cooked, boiled, drained, no salt	184	1 cup	431
Onions	Raw	160	1 cup	234
Peppers	Raw, sweet red	119	1 med	251
Peppers	Sweet, red, cooked, boiled, drained, no salt	136	1 cup	226

Food Source:	Description	Wt. (g)	Common Measure	Potassium (mg)
Rhubarb	Frozen, cooked	240	1 cup	230
Rutabaga	Cooked, boiled, drained, no salt	170	1 cup	554
Sauerkraut	Canned, solids & liquids	236	1 cup	401
Spinach	Canned, drained solids	214	1 cup	740
Spinach	Raw	30	1 cup	167
Spinach	Cooked, boiled, drained, no salt	180	1 cup	839
Summer Squash	All varieties (yellow, zucchini) cooked	180	1 cup	346
Summer Squash	All varieties, raw	113	1 cup	296
Tomato	Red, ripe, raw	180	1 cup	427
Tomato	Red, ripe, raw	123	1 tomato	292
Turnip Greens	Frozen, cooked, boiled, drained, no salt	164	1 cup	367
Turnip Greens	Cooked, boiled, drained, no salt	144	1 cup	292
Protein:				
Beef	Ground 85% lean	85	3 oz.	270
Beef	Top sirloin, lean	85	3 oz.	320
Poultry	Chicken breast, cooked	86	½ breast	220
Turkey	Ground lean	82	1 patty	221
Turkey	Light Meat	84	3 oz.	256
Pork	Ham xtra-lean	85	3 oz.	298
Pork	Tenderloin/Chops lean	85	3 oz.	303
Clams	Fresh		3 oz.	534
Cod	Pacific, cooked	85	3 oz.	439
Halibut	Fresh, cooked, dry heat	85	3 oz.	490
Halibut	Fresh, cooked, dry heat	159	½ fillet	916
Perch	Atlantic, cooked, dry heat	85	3 oz.	298
Swordfish	Cooked, dry heat	106	1 piece	391
Swordfish	Cooked, dry heat	85	3 oz.	314
Trout	Rainbow, farmed, cooked, dry heat	85	3 oz.	375
Tuna	Yellowfin/fresh, cooked, dry heat	85	3 oz.	484
Tuna	Canned in water	85	3 oz.	201
Tuna	Tuna salad	205	1 cup	365

Source: USDA National Nutrient Database (release 21)