

Potassium Content of Fruits and Vegetables

Potassium is a mineral found in most foods. Some fruits and vegetables are high in potassium. When your kidneys no longer work well, potassium can build up in your blood causing muscle weakness and serious heart problems.

Ask your dietitian how many servings of fruits and vegetables you can safely eat a day. Remember that a large serving of lower or moderate potassium choices can turn into a higher potassium choice.

Lower Potassium Choices

Item	Portion Size	Milligrams of Potassium
Mushrooms, raw, sliced	1/2 cup	130
Blueberries	1 cup	129
Onions (white/red/yellow), raw, chopped	1/2 cup	126
Sweet bell pepper, red or green	chopped, stir fried	120
Plum, fresh	1 medium	114
Eggplant pieces, stir fried	1/2 cup	104
Jicama/yambean, sliced, raw	1/2 cup	90
Chinese cabbage (bok choy), shredded, raw	1/2 cup	88
Cauliflower, boiled, drained	1/2 cup	88
Cabbage, shredded, raw	1/2 cup	86
Romaine lettuce, chopped	1/2 cup	81
Escarole/curly endive, chopped	1/2 cup	79
Mung bean sprouts, raw	1/2 cup	77
Cabbage, shredded, boiled	1/2 cup	73
Butterhead lettuce (Boston/Bibb)	1/2 cup	72
Iceberg, Crisphead lettuce, chopped	1/2 cup	43
Alfalfa sprouts, raw	1/2 cup	13

Moderate Potassium Choices

Item	Portion Size	Milligrams of Potassium
Com on the cob, boiled	1 each (medium)	192
Green snap/String beans, boiled	1/2 cup	187
Black raspberries, fresh	3/4 cup	184
Cherries, fresh	12 each	183
Papaya cubes, fresh	1/2 cup	180
Carrots, raw, grated	1/2 cup	178
Carrots, fresh slices, boiled	1/2 cup	178

Watermelon, diced	1/2 cup	176
Celery, raw, diced	1/2 cup	172
Snow peas/Pea pods, stir fried	1/2 cup	165
Onions, chopped, stir fried	1/2 cup	165
Peach, fresh	1 medium	162
Mango, fresh	½ medium	162
Apple, fresh	1 medium	159
Yellow wax beans, boiled	1/2 cup	158
Whole fresh beet, boiled	1 each	153
Cauliflower, raw	1/2 cup	152
Kale, fresh, boiled	1/2 cup	148
Asian pear, fresh	1 each	148
Blackberries, fresh	1/2 cup	145
Broccoli, chopped, raw	1/2 cup	143
Red raspberries, fresh	3/4 cup	140
Grapes	15 each	139
Red radishes, sliced	1/2 cup	135
Sweet bell pepper, red or green, raw, chopped	1/2 cup	132

Higher Potassium Choices

Food Description	Serving Size	Milligrams of Potassium
Breadfruit, raw	1/2 cup	539
Banana	1 medium	467
Avocado, cubed	1/2 cup	434
Honeydew melon	1/8 melon	434
Cantaloupe/Muskmelon	1/4 melon	426
Artichoke, boiled	1 medium	425
Chinese cabbage (bok choy)	shredded, boiled	315
Nectarine, fresh	1 medium	288
Kohlrabi, boiled	1/2 cup	281
Tomato, fresh	1 medium whole	274
Shallots, chopped	1/2 cup	267
Okra, boiled	1/2 cup	258
Kiwi/Chinese gooseberry	1 medium	252
Kohlrabi, raw	1/2 cup	236
Broccoli, boiled, drained	1/2 cup	228
Cucumber	1/2 (8.25" long) each	217
Apricots, fresh	2 medium	207