

POTASSIUM-RICH FOODS

BASIC INFORMATION:

Potassium is the predominant positively charged electrolyte in body cells. The flow of potassium and sodium in and out of the cells helps maintain the normal functioning of the heart, brain, kidney, and skeletal muscles. It promotes regular heartbeat, muscle contractions, and nerve transmissions. A potassium-enriched diet may be recommended for a patient with low serum potassium levels. Low levels of potassium seldom result from dietary deficiency, since many foods contain potassium. Instead, the low level is usually due to illness, injury, or trauma, or from certain drugs, such as some diuretics and steroids.

Foods High in Potassium-Amount of Serving: Potassium (mg)Cereals Kellogg's All

Bran-1/2 cup: 532

Nabisco 100% Bran-1/2 cup: 354Bran Flakes-1 cup: 251

Shredded Wheat-1 cup: 155

Fruit Orange juice-1 cup: 479

Dried apricots-1/4 cup: 454

Cantaloupe-1/4 medium: 412

Prunes-1/4 cup: 353

Banana-1 small: 338

Grapefruit juice (canned)-1 cup: 360

Tomato juice-1 cup: 552Avocado-1/2: 510

Peaches, dried-4 medium halves: 330

Raisins-3 tablespoons: 225

Cooked Beans Pinto beans-1/2 cup: 531

Kidney beans-1/2 cup: 452Lentils-1/2 cup: 374

Black beans-1/2 cup: 309

Canned beans-1/2 cup: 332

Vegetables Baked potato-1 medium: 593

Baked winter squash-1 cup: 590

Baked sweet potato-3/4 cup: 528

Beet greens-1/2 cup: 417

Chard (large leaves)-1/2 cup: 563

Peas (cooked)-1/2 cup: 296

Spinach (fresh)-1/2 cup: 440

Lima beans (canned or frozen)-1/2 cup: 473

Other Canned tomato sauce-1/2 cup: 459

Blackstrap molasses-2 tablespoons: 1218

Sardines (canned in oil)-3 ounces: 459

Chocolate (unsweetened/bitter)-1 ounce: 249

According to the FDA's (Food and Drug Administration's) food labeling guidelines (effective 5/94), the listing of the potassium content on food products is voluntary, rather than mandatory. Therefore, even if potassium isn't shown on the label, it can still be a component.