

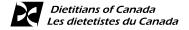
Nutrition Knowledge Destination ...food and nutrition information you can trust from Dietitians of Canada

Potassium Content of Selected Vegetables

High Potassium (201 – 350 + mg) Food Serving Potassium		
artichoke, cooked	1/2 cup (125 mL)	298
avocado	1/4 of whole	274
bamboo shoots, cooked	1/2 cup (125 mL)	320
beet greens	1/4 cup (60 mL)	327
beets	1/2 cup (125 mL)	266
brussel sprouts	1/2 cup (125 mL)	247
celery, cooked	1/2 cup (125 mL)	213
chard, cooked	1/2 cup (125 mL)	483
Chinese cabbage, cooked	1/2 cup (125 mL)	316
kohlrabi	1/2 cup (125 mL)	281
mushrooms, cooked	1/2 cup (125 mL)	277
okra	1/2 cup (125 mL)	257
parsnips	1/2 cup (125 mL)	287
ootato, boiled or mashed	1/2 cup (125 mL)	256
ootato, baked	1/2 medium	305
ootato chips	14 medium (30 g)	387
oumpkin	1/2 cup (125 mL)	253
spinach, cooked	1/2 cup (125 mL)	283
sweet potato	1/2 cup (125 mL)	398
omato	1 medium	292
omato juice	1/2 cup (125 mL)	278
tomato paste or puree	2 tbsp (30 mL)	332

^{*}For individuals who need to lower their sodium intake, a Registered Dietitian can help you make the best choices.

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.



Copyright 2005 Dietitians of Canada. All rights reserved. May be reproduced in its entirety provided source is acknowledged. Review date: 2006



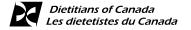
Your Nutrition Knowledge Destination ...food and nutrition information you can trust from Dietitians of Canada

1/4 cup (60mL) 203 tomato sauce 1/2 cup (125mL) 256 vegetable juice 1/4 cup (60mL) 224 winter squash

Medium Potassium (101 – 200 mg)

Food	Serving	Potassium (mg)
acparague	4 spears	134
asparagus	•	
broccoli, raw	1/2 cup (125 mL)	166
cabbage, cooked	1/2 cup (125 mL)	154
carrots, raw	1 small	200
carrot, cooked	1/2 cup (125 mL)	177
cauliflower, cooked	1/2 cup (125 mL)	200
celery, raw	1 stalk	104
collards	1/2 cup (125 mL)	110
corn	1 ear	192
eggplant, cooked	1/2 cup (125 mL)	119
kale	1/2 cup (125 mL)	148
mushrooms, canned or raw	1/2 cup (125 mL)	100
mustard greens	1/2 cup (125 mL)	142
onions	1/2 cup (125 mL)	175
peas, green	1/2 cup (125 mL)	134
radishes	1/2 cup (125 mL)	140
sauerkraut	1/2 cup (125 mL)	200
snow peas	1/2 cup (125 mL)	160
spinach, raw	1/2 cup (125 mL)	156
squash, summer	1/2 cup (125 mL)	173
turnip greens	1/2 cup (125 mL)	146
turnips	1/2 cup (125 mL)	138

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.



Copyright 2005 Dietitians of Canada. All rights reserved. May be reproduced in its entirety provided source is acknowledged.



Nutrition Knowledge Destination ...food and nutrition information you can trust from Dietitians of Canada

Low Potassium (0 - 100 mg)

Food	Serving `	Potassium (mg)
alfalfa sprouts	1/2 cup (125 mL)	13
bamboo shoots, canned	1/2 cup (125 mL)	53
beans, green or wax	1/2 cup (125 mL)	85
cabbage, raw	1/2 cup (125 mL)	86
Chinese cabbage, raw	1/2 cup (125 mL)	83
cucumber, peeled	1/2 cup (125 mL)	81
lettuce, all varieties	1 cup (250 mL)	80
sweet pepper, green	1/2 cup (125 mL)	89
water chestnuts, canned	1/2 cup (125 mL)	82
watercress	1/2 cup (125 mL)	56

Source: Bowes and Church's Food Values of Portions Commonly Used 16th edition. Jean A.T. Pennington. 1994 J.B. Lippincott Company

USDA National Nutrient Database for Standard Reference, Release 17 Potassium, K (mg) Content of Selected Foods per Common Measure, sorted alphabetically. Available from:

http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17a306.pdf; accessed 18 Sept 2005



Notes

is handout distributed by:			

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

