

Potassium Content of Selected Vegetables

High Potassium (201 – 350 + mg)		
Food	Serving	Potassium (mg)
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
potato, boiled or mashed	1/2 cup (125 mL)	256
potato, baked	1/2 medium	305
potato chips	14 medium (30 g)	387
pumpkin	1/2 cup (125 mL)	253
spinach, cooked	1/2 cup (125 mL)	283
sweet potato	1/2 cup (125 mL)	398
tomato	1 medium	292
tomato 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.



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

Medium Potassium (101 – 200 mg)

Food	Serving	Potassium (mg)
asparagus	4 spears	134
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

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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

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Review date: 2006