

Potassium Content of Selected Fruit

High Potassium (201 – 350+ mg)

Food	Serving	Potassium (mg)
apricots, canned or fresh	2 halves; 5 dried	204
banana	1/2 medium	211
cantaloupe	1/2 cup (125 mL)	247
dates	1/4 cup (60 mL)	292
figs, dried	2	298
honeydew melon	1/8 small	365
kiwi fruit	1 medium	237
mango	1	323
nectarine	1 small	273
orange juice	1/2 cup (125 mL)	248
orange	1 small	237
papaya	1/2	391
pear, fresh	1 medium	208
prune juice	1/2 cup (125 mL)	354
prunes, dried or canned	5	313

Medium Potassium (101 – 200 mg)

Food	Serving	Potassium (mg)
apple	1 small	148
apple juice	1/2 cup (125 mL)	148
blackberries	1/2 cup (125 mL)	117
cherries, sour or sweet	10	151
fruit cocktail, canned	1/2 cup (125 mL)	109

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grapes	15 small	144
grapefruit	1/2 small	166
lemon juice	1/2 cup (125 mL)	125
mandarin orange sections, canned	1/2 cup (125 mL)	165
peaches, canned	1/2 cup (125 mL)	159
peach, fresh	1 small, 2 inch	186
pineapple, canned	1/2 cup (125 mL)	152
pineapple juice	1/2 cup (125mL)	168
plums, canned or fresh	1 medium	118
raisins	2 tbsp (30 mL)	136
raspberries, frozen	1/2 cup (125 mL)	141
rhubarb	1/2 cup (125 mL)	115
strawberries, fresh	1/2 cup (125 mL)	127
tangerine	1 small	139
watermelon	1 cup (250 mL)	170

Low Potassium (0 – 100 mg)

Food	Serving	Potassium (mg)
apple sauce	1/2 cup (125 mL)	78
blueberries	1/2 cup (125 mL)	56
cranberries	1 cup (250 mL)	67
cranberry juice cocktail	1 cup (250 mL)	46
grape juice	1/2 cup (125 mL)	27
lemon	½	40
lemon zest	1 Tbsp	10
pears, canned	1/2 cup (125mL)	87
raspberries, fresh	1/2 cup (125 mL)	94

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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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