

This information and other health topics can be found at....

DoctorDoug.com

High Potassium Foods

The following foods contain more than 200 milligrams of potassium per serving, and are therefore considered to be high in potassium.

To compare this with potassium pills...Potassium Chloride supplements are either 10 or 20 meq (milliequivalents)...a different increment than milligrams.

Converting meq's (milliequivalents) to mg's (milligrams) as follows:

- 10meq Potassium Chloride= 390mg of potassium=approximately 1 banana (420mg)
- 10meq Potassium Chloride= Approximately 2 servings of high potassium foods listed below.

So...if you want to get as much potassium from your food as you would from a prescriptions supplement, you need to convert as follows:

- Potassium Chloride 10meq= 2 servings listed below
- Potassium Chloride 20meq=4 servings listed below

Fruits

- Apricots
- Raw – 2 medium
- Dry – 5 halves
- Avocado – ¼ whole
- Banana – ½ whole
- Cantaloupe – ½ cup
- Dates – 5 whole
- Dried fruits – ½ cup
- Figs, dried – ½ cup
- Grapefruit juice – ½ cup
- Honeydew – ½ cup
- Kiwi – 1 medium
- Mango – 1 medium
- Nectarine – 1 medium
- Orange – 1 medium
- Orange juice – ½ cup
- Papaya – ½ whole
- Pomegranate – 1 whole
- Pomegranate juice – ½ cup

- Prunes – ½ cup
- Prune juice – ½ cup
- Raisins – ½ cup

Vegetables

(All portions are ½ cup)

- Acorn squash
- Artichoke
- Bamboo shoots
- Baked beans
- Butternut squash
- Beets, fresh then boiled
- Black beans
- Brussels sprouts
- Chinese cabbage
- Carrots, raw
- Dried beans and peas
- Greens, except Kale
- Hubbard squash
- Kohlrabi
- Lentils
- Legumes
- Mushrooms, canned
- Parsnips
- Potatoes, white and sweet
- Pumpkin
- Refried beans
- Rutabagas
- Spinach, cooked
- Tomatoes, tomato products
- Vegetable juices

Other Foods

- Bran/Bran Products – ½ cup
- Chocolate – 1.5-2 ounces
- Granola – ½ cup
- Milk, all types – 1 cup
- Molasses – 1 tablespoon
- Nutritional supplements
- Nuts and seeds – 1 ounce
- Peanut butter – 2 tablespoons
- Salt substitutes – ½ cup
- Salt free broth – ½ cup
- Yogurt – ½ cup