

POTASSIUM FOOD LIST

If you have high blood pressure, try to get 20 extra potassium points each day. On average, one should try to eat 60-120 potassium points a day

The foods richest in potassium are fruits, vegetables, dry beans, dairy, and fish

To make counting potassium easier, potassium mg have been converted to potassium points [ie: 1 potassium point =39mg]

| Food | Amount | Potassium Points | Food | Amount | Potassium Points |
|--|--------------|------------------|-------------------------------|---------------|------------------|
| Milk & Milk Products | | | Mushrooms | | |
| *Cheese | 1 oz | 1 | Cooked | 1/2 c | 5 |
| *Cheddar | 1/2 c | 2 | Raw | 10 sm. | 11 |
| *Cottage | 4 Tbs | 1 | Okra, Cooked | 1/2 c | 4 |
| *Process, American | 1 oz | 1 | Onions: | | |
| Cream: | | | Cooked | 1/2 c | 3 |
| Half-n-Half | 2 Tbs | 1 | Green, Raw | 5 | 3 |
| Sour Commercial | 1/4 c | 1 | Peas, Green, Cooked | 1/2 c | 4 |
| Ice Cream | 1/2 c | 3 | Pepper, Green, Raw | 1 shell | 5 |
| Ice Milk | 1/2 c | 6 | Pumpkin, Cooked | 1/2 c | 6 |
| Milk, Whole, 2%, Skim, Butter | 1 c | 9 | Radishes, Raw | 8-10 med. | 8 |
| Evaporated, Skim, or Whole | 1/2 c | 9 | Rhubarb, Raw | 1 c cubed | 6 |
| "instant" Dry Skim Milk Powder | 1/3 c | 9 | Rutabaga, Cooked | 1/2 c | 4 |
| Yogurt, Plain | 1c | 9 | *Sauerkraut | 1/3 c | 2 |
| Vegetables | | | Squash: | | |
| Asparagus, Cooked | 1/2c | 4 | Summer, Cooked | 1/2 c | 4 |
| Beans, Green Cooked | 1/2 c | 2 | Winter, Cooked | 1/2 c | 12 |
| Beets, Cooked | 1/2 c | 5 | Tomato: | | |
| Broccoli, Cooked | 1 lg. stalk | 7 | Cooked | 1/2 c | 6 |
| Brussel Sprouts, Cooked | 1/2 c | 5 | Raw | medium | 6 |
| Cabbage: | | | *Tomato Juice | 1 c | 14 |
| Cooked | 1/2 c | 4 | Turnips, Cooked | 1/2 c | 4 |
| Raw | 1 c shredded | 6 | Fruit | | |
| Carrots: | | | Apple, Raw | 1 sm. (2"dia) | 2 |
| Cooked | 1/2 c | 6 | Applesauce, Cooked | 1 c | 4 |
| Raw | small v. cap | 4 | Apricots: | | |
| Cauliflower, Cooked | 1 c | 5 | Fresh or Canned | 2 med. | 7 |
| Celery, Raw | 1 lg. stalk | 4 | Dried | 2 med. | 5 |
| Cucumber, Raw | 1 med. | 4 | Avocado | 1/8 (4"dia) | 4 |
| Eggplant, Cooked | 1/2 c | 4 | Banana | 1 sm. | 9 |
| Escarole, Raw | 4 lg. leaves | 8 | Berries: | | |
| Greens: Chards, Collards, Dandelion, Kale, Mustard, Spinach, Turnip Cooked | 1/2 c | 7 | Blackberries, Fresh or Canned | 1 c | 7 |
| Lettuce, Raw | 4 lg. leaves | 4 | Blueberries, Fresh | 1 c | 3 |
| * Denotes Food Very High in Sodium | | | | | |

| Food | Amount | Potassium Points | Food | Amount | Potassium Points |
|---------------------------|--------------------|------------------|-------------------------------|-----------------|------------------|
| Blueberries, Canned | 1 c | 4 | Bread: | | |
| Cranberries, Raw or Sauce | 1 c | 2 | *Biscuit | 1 (2" dia) | 5 |
| Raspberries | 1 c | 6 | Bread | 1 slice | 1 |
| Strawberries | 10 lg or 2/3 c | 4 | Hamburger Bun | 1 (30g) | 1 |
| Cantaloupe | 1/4 c (6" dia) | 10 | Cornbread | 1 (1 1/2" cube) | 1 |
| Cherries, Raw, Canned | 1/2 c | 3 | Muffin | 1 (2" dia) | 1 |
| Dates, Dried | 2 med. | 2 | Cereal: | | |
| Figs: | | | All Bran | 1/2 c | 8 |
| Canned | 3 | 4 | Corn Flakes | 3/4 c | 1 |
| Dried | 1 sm. | 2 | Cream of Wheat, Quick, Cooked | 1/2 c | 0 |
| Grapefruit: | | | Cream of Wheat, Reg, Cooked | 1/2 c | 0 |
| Canned | 1/2 c | 4 | Farina, Cooked | 1/2 c | 0 |
| Raw | 1/2 sm. | 3 | Oatmeal, Cooked | 1/2 c | 2 |
| Grapefruit Juice | 1/2 c | 5 | Pettijohns, Cooked | 1/2 c | 3 |
| Grapes | 12 med. | 3 | Rice, Puffed | 3/4 c | 1 |
| Grape Juice | 1/2 c | 4 | Wheat Germ | 3 Tbs | 6 |
| Honeydew Melon | 1/8 (7" dia) | 10 | Wheat Shredded | 2 biscuits | 4 |
| Mango | 1 sm. | 7 | Corn: | | |
| Nectarine | 2 med. | 11 | Corn | 1/3 c | 5 |
| Orange | 1 sm. | 5 | Popped, Unbuttered | 1 c | 0 |
| Orange Juice | 1/2 c | 5 | Cornmeal, Dry | 1/4 c | 1 |
| Papaya | 1/3 med | 6 | Crackers: | | |
| Peach, Raw or Canned | 1 med. or 1/2 c | 5 | Graham | 2- 2 1/2" sq. | 2 |
| Pear, Raw or Canned | 1 med. or 1/2 c | 3 | *Oyster | 20 | 1 |
| Pineapple, Raw or Canned | 1 med. slice | 3 | *Round, Thin | 6 | 1 |
| Pineapple Juice | 1/2 c | 5 | *Saltines | 5 | 1 |
| Plums, Fresh or Canned | 3 med. | 8 | Flour: | | |
| Prunes, Dried, Cooked | 4 | 7 | Flour | 2 1/2 Tbs | 1 |
| Raisins, Dried | 2 Tbs | 3 | *Self Rising | 1 Tbs | 0 |
| Tangerine | 1 lg. | 3 | Grits, Cooked | 1/2 c | 0 |
| Watermelon | 1 c diced | 4 | Macaroni, Cooked | 1/2 c | 2 |
| Starchy Foods | | | Noodles, Cooked | 1/2 c | 1 |
| Beans: | | | Parsnips, Cooked | 1/2 c | 10 |
| Baked, No Pork | 1/3 c | 7 | Peas, Dry, Cooked | 1/2 c | 8 |

| Dry, Cooked | 1/2 c | 14 | | | |
|---------------------------------------|------------------|------------------|-------------------------|---------------|------------------|
| Green Lima, Cooked | 1/2 c | 14 | | | |
| Food | Amount | Potassium Points | Food | Amount | Potassium Points |
| Potato: | | | Salad Dressing: | | |
| Sweet or Yams | 1/4 c or 1/2 sm. | 4 | *French Dressing | 2 Tbs | 0 |
| White, Baked | 1 sm. (1/2" dia) | 13 | Mayonnaise | 1 tsp | 0 |
| White, Boiled, Peeled | 1 sm. (1/2" dia) | 7 | Miscellaneous | | |
| Rice, Cooked | 1/2 c | 1 | *Boullion Cube | 1 | 3 |
| Spaghetti, Cooked | 1/3 c | 2 | Cake: | | |
| Protein Foods | | | Angel (no icing) | 1/10 cake | 1 |
| Egg: | | | Chocolate (no icing) | 1 pc (2x3x2") | 2 |
| Whole, Medium | 1 | 2 | Plain (no icing) | 1 cupcake | 1 |
| White, Medium | 1 | 1 | Sponge (no icing) | 1/10 cake | 1 |
| Fish: | | | *Catsup | 6 Tbs | 9 |
| Clams | 1 oz | 2 | Chocolate, Sweet | 1 sq/ 1 oz | 2 |
| Crabmeat | 1/4 c | 1 | Cocoa, Dry | 2 Tbs | 5 |
| Fresh: | | | Coffee | 4 c | 12 |
| Cod, Haddock, Halibut, etc. | 1 oz | 3 | Gelaton, Clear Flavored | Any Amt. | 0 |
| Lobster | 1/4 c | 2 | Honey | 5 Tbs | 1 |
| Mackerel | 1 oz | 3 | Jelly or Jam | 5 Tbs | 2 |
| Oysters | 2-3 med. | 2 | Malted Mild Powder | 1 Tbs | 2 |
| *Salmon, Canned | 1 oz | 3 | Molasses: | | |
| *Sardines | 3 med. | 5 | Blackstrap | 1 Tbs | 15 |
| Scallops | 1 oz | 3 | Light | 1 Tbs | 8 |
| Shrimp | 5 sm. | 1 | *Mustard, Prepared | 1 Tbs | 1 |
| *Tuna, Canned | 1 oz | 3 | *Pickle, Dill | 1 lg. | 5 |
| *Frankfurter | 1 (8-9 lb) | 3 | Sherbet | 1/2 c | 1 |
| Liver, Sweetbreads | 1 oz | 3 | Sugar: | | |
| *Lunch Meat | 1 slice (4" dia) | 2 | Brown | 2 Tbs | 2 |
| Meat, Cooked: | | | White | 2 Tbs | 0 |
| Beef, Lamb, Pork, Poultr, Heart, Veal | 1 oz | 3 | Syrup: | | |
| *Peanut Butter | 2 Tbs | 5 | Corn: | 2 Tbs | 0 |
| Fats | | | Maple | 1 Tbs | 1 |
| Bacon | 1 slice | 1 | Tea | 4 c | 8 |
| Butter | 1 tsp | 0 | Tomato Puree | 6 Tbs | 11 |
| Margarine | 1 tsp | 0 | Vinegar | 2 Tbs | 1 |

| | | | | |
|-------------------------|--------|---|--|--|
| Nuts, Peanuts, Unsalted | 18 sm. | 5 | | |
| Oil or Cooking Fat | 1 tsp | 0 | | |
| Olives | 5 | 1 | | |

IMPORTANT: Potassium is a very important mineral in our body's fluid balance. It helps maintain our internal pressure and water balance so that our cells can function properly. It affects our muscle activity, especially the heart muscle, so that even small changes in our blood potassium will show up on an EKG (electro cardiogram). The EKG shows your doctor if your heart is beating too fast, too slow, or irregularly.

For those of you on high blood pressure medications, your doctor may tell you to eat more potassium or may give you a medicine containing potassium. The reason extra potassium is needed is because most blood pressure medicine works by making the kidneys clean the excess sodium and water out of the blood stream. Unfortunately, the medicine also takes out potassium that your body DOES need. Therefore, you must take in extra potassium so your body's potassium does not run low. At the same time, it would be good to avoid real salty foods (or high sodium foods) so your blood pressure medicine is more effective.

The most common foods recommended to replace potassium are oranges and bananas. For those of you who grow tired of them or cannot eat those fruits, there is good news. Many other foods are rich in potassium! We do not know our exact requirement for potassium but the average American diet contains 60-120 points of potassium per day. If you are on blood pressure medication and your doctor tells you to eat potassium foods, a good rule of thumb to follow is to eat about 20 extra potassium points per day.

The list contains the food value of potassium. It would be a good idea to first study how much potassium you are eating each day. Write down everything you eat each day, and the potassium points and add up an average. Then try to add an extra 20 points to that average by choosing foods from the list that are rich in potassium.

CAUTION!!! Some people who have kidney problems may need to restrict potassium. Be sure that your doctor specifically tells you that you need more potassium before you add more to your diet.