

Potassium Rich Foods

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian. Diet counseling is available to address your specific needs.

Potassium is found in many foods, especially meat, milk, fruits and vegetables. This handout does not list all sources, but the best food sources are listed below.

Food group	Excellent sources		Good sources	
Fruits				
<i>1½ to 2 cups per day</i>	Apricots Banana Cantaloupe Dates Figs Honeydew Kiwi Mango	Nectarine Orange Orange juice Papaya Pear, fresh Pomegranate juice Prunes Prune juice	Apple Apple juice Apricot nectar Blackberries Cherries Fruit cocktail Grapefruit Grapefruit juice Mandarin oranges	Peach Pineapple Pineapple juice Plums Raisins Raspberries Strawberries Tangerine Watermelon
Vegetables				
<i>2 to 3 cups per day</i>	Artichoke Avocado Beets Brussels sprouts Chard Kohlrabi Okra Parsnips Potato* (including baked, hash browns, chips, mashed)	Pumpkin Rutabagas Spinach Sweet potato Tomato Tomato juice Tomato paste Tomato sauce Winter squash	Asparagus Cabbage Carrots Cauliflower Celery Collards Corn Eggplant Kale Mushrooms	Onion Peas Radishes Sauerkraut Summer squash Zucchini
	<i>*Potatoes should not be soaked in water before cooking.</i>			

Food group	Excellent sources	Good sources
Breads, cereals and starches		
<p>5 to 8 servings per day</p> <p>1 serving =</p> <p>1 slice bread</p> <p>1 cup cold cereal</p> <p>½ cup cooked cereal</p>	<p>Bran cereal</p>	<p>Bran muffin</p> <p>Dark rye bread</p> <p>Granola</p> <p>Pumpernickel bread</p>
Milk, yogurt and cheese		
<p>3 cups per day</p> <p>1 cup =</p> <p>1 cup milk</p> <p>1 cup yogurt</p> <p>1½ oz. natural cheese</p> <p>2 oz. processed cheese</p>	<p>Malted milk</p> <p>Ovaltine (made with milk)</p>	<p>Buttermilk</p> <p>Chocolate milk</p> <p>Ice cream</p> <p>Yogurt</p> <p>Cow's milk</p> <p>Soy milk</p>
Meats and meat substitutes		
<p>5 to 7 ounces per day</p> <p>1 ounce =</p> <p>1 oz. cooked lean meat, poultry or fish</p> <p>1 egg</p> <p>¼ cup dried beans</p> <p>1 Tbsp. peanut butter</p> <p>½ oz. nuts or seeds</p>	<p>Dried beans</p> <p>Dried peas</p> <p>Lentils</p> <p>Nuts</p> <p>Peanut butter</p>	<p>Beef</p> <p>Eggs</p> <p>Fish</p> <p>Lamb</p> <p>Pork</p> <p>Poultry</p> <p>Veal</p>
Fats and sweets		
<p>Use sparingly</p>	<p>Chocolate</p> <p>Licorice</p> <p>Molasses</p>	

A registered dietitian can help answer questions about specific foods.

An individualized diet is helpful when you need to include a high-potassium intake with other diet needs. Additional resources to help you meet your personal needs will be provided.

For a list of Aurora facilities with a dietitian, please call Aurora Health Care toll free at 888-863-5502.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.