High Potassium Foods:

Vegetables – use free/low sodium seasonings

Baked Potato (with skin)	690mg
Beets 1 cup (cooked)	520mg
Lima Beans ½ cup (cooked)	490mg
Kidney beans ½ cup cooked	356 mg
Soybeans ½ cup (cooked)	490mg
Spinach ½ cup (cooked)	420mg
Sweet Potato, baked	694 mg
Tomato puree, ½ cup	549 mg
Tomato canned sauce	909 mg
White beans, canned, ½ cup	595 mg
Winter Squash 1 cup (cooked)	458mg

Fruits

Apricots ¼ cup (dried)	378mg
Banana 1 (medium)	425mg
Cantaloupe 1 cup	594 mg
Honeydew melon	461 mg
Peaches, dried, uncooked, ¼ cup	398 mg
Prunes, stewed, ½ cup	398 mg
Raisin ½ dup	545 mg

Dairy Products – choose low fat

Milk, non-fat, 1 cup	382 mg
Yogurt 1 cup (non-fat plain)	568mg

Meat – choose lean

Clams, canned, 3 oz	534 mg
Cod 4oz (cooked)	540mg
Halibut, cooked, 3 oz	490 mg
Rockfish, Pacific, cooked, 3 oz	442 mg
Tuna, yellowfin, cooked, 3 oz	484 mg

Juices – choose low sodium

Carrot juice, ¾ cup	517 mg
Coconut Water 11oz	680mg
Prune juice, ¾ cup	530 mg
Vegetable Juice 1 cup	740mg

Blackstrap molasses, 1 Tbsp	498 mg
Almonds 2 oz (56g)	412 mg
Brazil nuts 2 oz	340 mg