



List Of High Potassium Foods

Looking to add more potassium-rich foods to your diet? Look no further! This printable PDF list of high-potassium foods is your ultimate guide to delicious and nutritious options. From lower-potassium food to super high-potassium foods, you'll find everything you need to reach your daily potassium goals and keep your body functioning at its best.

Item	Quantity	Details	Total Potassium
Rice	1 cup	white, medium-grain, cooked	54 mg
Egg	1 large		69 mg
Bread	1 slice	whole-wheat	81 mg
Flaxseed	1 tablespoon	whole	84 mg
Peanut butter	1 tablespoon		90 mg
Lettuce	1 cup	iceberg, shredded	102 mg
Coffee	1 cup	brewed	116 mg
Tuna	3 oz	light, canned in water, drained	153 mg
Rice	1 cup	brown, medium-grain, cooked	154 mg
Cashew nuts	1 oz		187 mg
Apple	1 medium	with skin	195 mg
Turkey breast	3 oz	roasted	212 mg
Blackstrap molasses	1 tablespoon		293 mg





Item	Quantity	Details	Total Potassium
Beef	3 oz	top sirloin, grilled	315 mg
Greek Yogurt, plain	1 cup		322 mg
Salmon	3 oz		326 mg
Chicken breast	3 oz	boneless, grilled	332 mg
Milk	1 cup	1%	366 mg
Tomato sauce	1/2 cup		405 mg
Banana	1 medium		422 mg
Potato	1 medium size	boiled, peeled	490 mg
Honeydew melon	1 cup	cubes	357 mg
Asparagus	1 cup	cooked	404 mg
Broccoli	1 cup cooked	chopped	458 mg
Cantaloupe	1 cup	cubes	473 mg
Dried apricots	5 halves		488 mg
Orange juice	1 cup		496 mg
Sweet potato	1 medium		541 mg



Item	Quantity	Details	Total Potassium
Clams	3 oz	cooked	534 mg
White beans	1/2 cup cooked		595 mg
Kidney beans	1 cup, canned		607 mg
Bok choy	1 cup, steamed		630 mg
Pomegranate	1 medium		665 mg
Lentils	1 cup	cooked	731 mg
Spinach	1 cup cooked		839 mg
Acorn squash	1 cup	cooked, mashed	896 mg
Avocado	1 medium fruit		974 mg
Raisins	1 cup		1,235 mg
Prunes	1 cup	dried	1,273 mg
Beet greens	1 cup cooked		1,309 mg



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Check out also this printable list of high-fiber foods here:
<https://foodhow.com/printable-list-of-high-fiber-foods/>

Here are some great high-potassium recipes to try out:
<https://foodhow.com/sweet-potato-avocado-recipes/>