

Talk with one of your healthcare providers if you have questions about your diet.

Potassium Content of Foods

The foods you eat play an important part in helping you manage your health. Certain health conditions can be made worse by eating potassium-rich foods. **Your healthcare provider will let you know if you need to control your potassium intake.** This guide can help you choose the right types and amounts of foods to help you do so.

Low potassium foods have less than 100 mg per serving.

Medium potassium foods have 100 to 200 mg per serving.

High potassium foods have more than 200 mg per serving.

Please pay attention to serving sizes. Several servings of a **low** food can make it a **high** food.

The U.S. Food and Drug Administration (FDA) introduced a new food label format in 2018. Example FDA food labels are shown at the end of this document.

Food table

The table below lists many common foods that have high, medium and low amounts of potassium. Please note that:

- Fruit is fresh (raw).
- Some vegetables, such as spinach, “shrink” when they are cooked. The cooked vegetable will have much more potassium than the same amount of raw vegetable.
- White rice, pasta, and other foods made with white or corn flour may be lower in potassium. Those made with whole wheat, oat or bran tend to be higher.
- Foods that are high in protein may also be high in potassium. This includes some types of dried beans, dairy, meat, fish and poultry foods.
- Values (mg) may vary depending on brand or processing. Canned foods may differ from fresh.

You may use the following comparisons to help you gauge your serving portions. These are estimates only.

1 cup = a baseball	½ cup = ½ baseball	¼ cup = 1 large egg
1 ounce (oz.) = 4 dice	3 ounces (oz.) = a deck of cards	
1 teaspoon (tsp) = 1 die	2 tablespoons (T) = a ping pong ball	

Fruit and Juice								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Applesauce	1/2 cup	90	Apple juice	1/2 cup	125	Banana, medium	1	420
Apricots	1	90	Apple, medium	1	195	Cantaloupe	1/2 cup	210
Blueberries	1/2 cup	55	Apricot nectar	1/2 cup	145	Dates or figs, dried	1/4 cup	250
Cranberries, raw or dried	1/4 cup	40	Blackberries	1/2 cup	115	Grapefruit juice	1/2 cup	200
Cranberry juice cocktail	1/2 cup	20	Cherries, sweet	1/2 cup	150	Kiwi	1	215
Fruit cocktail, drained	1/2 cup	95	Coconut, dried or raw	1/2 cup	150	Nectarine	1	285
Lemon or lime juice, squeezed	1 fruit	50	Grape juice	1/2 cup	130	Orange	1	235
Mango nectar	1/2 cup	30	Grapefruit	1/2 fruit	175	Orange juice	1/2 cup	250
Papaya nectar	1/2 cup	40	Grapes, red or green	1/2 cup	145	Peaches	1	285
Pears, canned, drained	1/2 cup	30	Honeydew melon	1/2 cup	195	Pear	1	205
Pear nectar	1/2 cup	15	Mango, pieces	1/2 cup	140	Pomegranate aril (seed/juice sacs)	1/2 cup	205
Raspberries	1/2 cup	95	Papaya, chopped	1/2 cup	130	Pomegranate juice	1/2 cup	355
Watermelon, diced	1/2 cup	85	Peaches, canned, drained	1/2 cup	105	Prune juice	1/2 cup	355
			Pineapple juice	1/2 cup	160	Prunes	1/4 cup	350
			Pineapple, raw or canned, chunks	1/2 cup	125	Raisins	1/4 cup	310
			Plums	1	105			
			Strawberries, sliced	1/2 cup	125			
			Tangerines (Mandarin oranges)	1	145			

Vegetables (Non-starchy) and Salads								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beans, green, cooked	1/2 cup	90	Asparagus, cooked, small spears	4 spears	135	Artichokes, globe or French, cooked	1/2 cup	240
Cauliflower, cooked	1/2 cup	90	Bean sprouts, cooked or raw	1/2 cup	170	Avocados, sliced	1/2 cup	355
Celery, raw, small stalk	1 stalk	45	Beets, canned, slices	1/2 cup	125	Beets, cooked, sliced	1/2 cup	260
Cucumbers, sliced	1/2 cup	75	Broccoli, flowerets, raw	1/2 cup	115	Broccoli, cooked	1/2 cup	245
Eggplant, 1-inch cubes, cooked	1/2 cup	60	Cabbage, cooked	1/2 cup	145	Brussels sprouts, cooked	1/2 cup	245
Kale, raw, chopped	1 cup	80	Carrots, raw, small	1 carrot	160	Kale, cooked	1/2 cup	295
Lettuce, red or green leaf, shredded	1 cup	50-80	Carrots, slices, cooked	1/2 cup	185	Mushrooms, white, stir-fried	1/2 cup	215
Onions, raw, chopped	1/4 cup	55	Cauliflower, raw	1/2 cup	160	Spinach, cooked	1/2 cup	285
Peas, sugar, snap	1/2 cup	85	Collard greens, cooked	1/2 cup	110	Swiss chard, cooked	1/2 cup	480
			Lettuce (iceberg, Romaine, bibb, butter, endive)	1 cup	100-155	Tomato juice	1/2 cup	265
			Mushrooms, white, raw	1/2 cup	110	Tomato sauce	1/2 cup	365
			Okra, cooked	1/2 cup	110	Tomatoes, raw, chopped or sliced	1/2 cup	215
			Peppers, green, raw, chopped	1/2 cup	130	Tomatoes, canned	1/2 cup	230
			Rhubarb, cooked	1/2 cup	115	Zucchini, cooked	1/2 cup	240
			Spinach, raw	1 cup	165			
			Zucchini, raw	1/2 cup	160			

Vegetables (Starchy)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Peas, frozen and cooked	1/2 cup	90	Corn	1/2 cup	160	Potato, baked, with skin, medium	1	925
			Corn, small ear	1 ear	195	Potato, boiled, peeled, medium	1	550
						Potatoes, French fries, medium serving (fast food)	1	675
						Potatoes, mashed with milk and margarine	1/2 cup	340
						Pumpkin, canned	1/2 cup	250
						Squash, winter, baked, cubed	1/2 cup	245
						Sweet potato, baked, mashed	1/2 cup	475

Breads, Cereals, Grains								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Bagel, plain	1	90	Cheerios®	1 cup	180	Bran muffin	1 small	335
Bread, white	1 slice	35	Granola, low-fat, natural with raisins, Quaker®	1/2 cup	180	Quinoa, cooked	1 cup	320
Bread, whole wheat	1 slice	80	Oatmeal, cooked	1 cup	155	Raisin bran	1 cup	380
Cereal (corn flakes, Corn Chex™, Rice Krispies®)	1 cup	20-60	Pasta, whole wheat (macaroni, penne, farfalle, rotini, shells)	1 cup	105	Wheat germ, toasted, plain	1 oz.	270
Cereal (Cream of Wheat®, farina)	1 cup	50	Rice, brown or wild, cooked	1 cup	175			
English muffin	1	75						
Grits, cooked	1 cup	55						
Pasta (penne, farfalle, rotini, shells, macaroni, spaghetti)	1 cup	55	<i>Note: All pasta amounts are for cooked servings.</i>					
Rice, white, cooked	1 cup	55						
Tortilla, corn or flour, 6-inch	1	40						

Protein: Dairy and Non-Dairy Milk Products								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Almond milk, unenriched	1/2 cup	90	Buttermilk	1/2 cup	165	Milk, chocolate	1/2 cup	210
Cheese (cheddar, Swiss, provolone, mozzarella)	1 oz.	20-55	Cheese (cottage or ricotta)	1/2 cup	135	Yogurt, non-fat with fruit	1/2 cup	240
Cheese, parmesan, grated	2 T	20	Milk (whole, 2%, skim)	1/2 cup	125-170	Yogurt, plain, skim milk	1/2 cup	310
Cream cheese	1 oz.	35	Milk, sweetened condensed	1 oz.	140			
Cream or non-dairy liquid creamer	2 T	35	Soy milk	1/2 cup	150-220			
Cream, non-dairy powdered	1 tsp	15						
Milk, evaporated	1 oz.	95						
Rice milk, unenriched	1/2 cup	30						
Sour cream	2 T	30						

Protein: Beans, Legumes, Nuts, Seeds								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Hummus	2 T	70	Nuts (macadamia, pecans, walnuts)	1/4 cup	120	Beans (white, navy, lima, lentils, soybeans)	1/2 cup	355-500
			Nuts (cashews, hazelnuts)	1/4 cup	195	Nuts (Brazil, mixed nuts, peanuts, almonds)	1/4 cup	210-260
			Peanut butter, smooth	2 T	180	Pistachio nuts	1/4 cup	315
			Tofu, firm	1 oz.	165	Seeds (pumpkin, sunflower)	1 oz.	250
						Soybeans, boiled	1/2 cup	445
						Veggie or soy burger	3 oz. patty	280

Protein: Meat, Poultry, Fish								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Crab, imitation (surimi)	3 oz.	75	Clams, mollusks	3 small	180	Beef (roast or ground, 85% lean)	3 oz.	280
Egg, large	1	65	Crab, dungeness	3 oz.	150	Chicken, light or dark	3 oz.	205-230
Oysters (raw, cooked or canned)	1 medium	15-85	Egg whites, large	2	110	Cod	3 oz.	210
Sardines	1 small	50	Frankfurter/hot dog (beef)	1	120	Crab, king	3 oz.	225
Shrimp, steamed or boiled	4 large	35	Lobster	3 oz.	195	Fish (haddock, tilapia)	3 oz.	300-330
			Orange roughy	3 oz.	154	Fish (swordfish, walleye, snapper, halibut, tuna)	3 oz.	425-450
			Perch	3 oz.	190	Liver (beef, chicken, braised, fried)	3 oz.	270-305
			Tuna, light, canned, drained	3 oz.	150	Pollock	3 oz.	390
						Pork (chops or tenderloin)	3 oz.	280-360
						Salmon, pink	3 oz.	375
						Turkey, light or dark meat	3 oz.	210
						Veal	3 oz.	275

Other (Beverages, Sweets, Snacks, Spices)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beverages			Beverages			Beverages		
Coffee, instant	1 tsp	35	Beer, regular	12 oz.	100	Coconut water	1/2 cup	200
Coffee, black, brewed	1 cup (8 oz.)	115	Wine, red	5 oz.	190			
Cola-type beverages	12 oz.	20	Wine, white, table	5 oz.	105			
Non-cola beverages, all types (such as Sprite®, root beer)	12 oz.	5						
Tea, black	1 cup (8 oz.)	90						
Tea, herbal	1 cup (8 oz.)	20						
Sweets/Snacks			Sweets/Snacks			Sweets/Snacks		
Brownie (2" square)	1 square	40-85	Candy bar, milk chocolate	1 oz.	105	Potato chips	1 oz.	340
Candy, caramels	1 piece	20	Candy bar, dark chocolate	1 oz.	180	Pudding, chocolate, ready-to-eat	1/2 cup	210
Candy (hard, jelly beans)	10 pcs.	10	Nutella®	2 T	150	Other		
Candy bar, white chocolate	1 oz.	85	Ice cream (soft serve, frozen yogurt, chocolate, vanilla)	1/2 cup	150	Molasses	1 T	295
Cookie medium (chocolate chip, sugar)	1	20	Pretzel twists	10	134	Salt substitute	1/4 tsp.	690
Gelatin/Jell-O®	1/2 cup	1						
Popsicle, fruit and juice bars	1 bar	45						
Popcorn, regular or microwave	1 cup	25						

Other (Beverages, Sweets, Snacks, Spices)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Sweets/Snacks								
Pudding, vanilla, ready-to-eat, refrigerated	1/2 cup	75						
Sherbet	1/2 cup	70						
Whipped topping, frozen, fat-free	1 cup	75						
Other								
Mrs. Dash® seasoning	1/4 tsp	10						
Oil, vegetable types	any	0						
Butter or margarine	1 T	5						

(Source: USDA Food Composition Database, Standard Reference Listings, <https://ndb.nal.usda.gov/ndb/>, rev. May 2016.)

Food labels

Food labels are a way to see the calories and nutrients in the packaged foods you buy.

When checking food labels, always consider the serving size. You may need to adjust your serving size to stay within recommended guidelines. Serving sizes on a food label may differ from those listed in this guide.

A new label format was introduced by the FDA in 2018. Talk with your dietitian if you have questions about:

- What foods you should or should not eat
- Recommended serving sizes
- How best to prepare foods

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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SIDE-BY-SIDE COMPARISON

Original Label	New Label																								
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 72</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 12%</p> <p>Saturated Fat 1g 5%</p> <p>Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 12%</p> <p>Dietary Fiber 4g 16%</p> <p>Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10%</p> <p>Vitamin C 8%</p> <p>Calcium 20%</p> <p>Iron 45%</p> <hr/> <p><small>*Percent Daily Values are based on a diet of 2,000 calories. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table style="width: 100%; border: none;"> <tr> <td style="border: none;">Total Fat</td> <td style="border: none;">Less than</td> <td style="border: none;">65g</td> <td style="border: none;">80g</td> </tr> <tr> <td style="border: none;">Sat Fat</td> <td style="border: none;">Less than</td> <td style="border: none;">20g</td> <td style="border: none;">25g</td> </tr> <tr> <td style="border: none;">Cholesterol</td> <td style="border: none;">Less than</td> <td style="border: none;">300mg</td> <td style="border: none;">300mg</td> </tr> <tr> <td style="border: none;">Sodium</td> <td style="border: none;">Less than</td> <td style="border: none;">2,400mg</td> <td style="border: none;">2,400mg</td> </tr> <tr> <td style="border: none;">Total Carbohydrate</td> <td style="border: none;"></td> <td style="border: none;">300g</td> <td style="border: none;">375g</td> </tr> <tr> <td style="border: none;">Dietary Fiber</td> <td style="border: none;"></td> <td style="border: none;">25g</td> <td style="border: none;">35g</td> </tr> </table>	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	35g	<p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 8g 10%</p> <p>Saturated Fat 1g 5%</p> <p>Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 13%</p> <p>Dietary Fiber 4g 14%</p> <p>Total Sugars 12g</p> <p>Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10%</p> <p>Calcium 260mg 20%</p> <p>Iron 8mg 45%</p> <p>Potassium 235mg 6%</p> <hr/> <p><small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>
Total Fat	Less than	65g	80g																						
Sat Fat	Less than	20g	25g																						
Cholesterol	Less than	300mg	300mg																						
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Note: The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the "original" label shows 1g of sugar as an example. The image created for the "new" label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

Food Label – Source: FDA