

*Talk with
your dietitian
or another
healthcare
provider if you
have questions
about your diet.*

Potassium-Restricted Diet

The foods you eat are an important part of managing your health. Some health conditions can be made worse if you eat foods with too much potassium in them. **Your healthcare provider has let you know that you need to limit the amount of potassium you eat.** This guide will help you choose the right types and amounts of foods.

Low-potassium foods have less than 100 milligrams (mg) per serving.

Medium-potassium foods have 100 to 200 mg per serving.

High-potassium foods have more than 200 mg per serving.

Serving sizes

Knowing how much of a food is a serving will help you learn how much potassium is in it. Several servings of a low-potassium food can make it a high-potassium choice.

The Nutrition Facts label on packaged foods (see the last page) is a great way to find serving sizes. You can also use these size comparisons to help you estimate about how much of a food you are eating.

- 1 ounce = 4 dice
- 3 ounces = a deck of cards
- 1 teaspoon (tsp.) = 1 die
- 2 tablespoons (Tbsp.) = a ping pong ball
- 1 cup = a baseball
- 1/2 cup = 1/2 baseball
- 1/4 cup = 1 large egg

Potassium in common foods

The tables on the next few pages list many common foods that have high, medium and low amounts of potassium. Please note:

- The whole fruit listed 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, bread, and other foods made with white or corn flour may be lower in potassium. Brown rice, whole-grain bread, and other foods made with whole-wheat flour, oats, and bran are usually higher.
- Foods that are high in protein may also be high in potassium. This includes some types of dried beans, dairy foods, meat, fish and poultry.
- The milligrams of potassium in a food may vary depending on the brand or type of processing. Values for canned foods may be different than values for fresh foods.

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
Apricot	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
Coconut, dried or raw	1/4 cup	75	Blackberries	1/2 cup	115	Kiwi	1	215
Cranberries, raw or dried	1/4 cup	40	Cherries, sweet	1/2 cup	150	Nectarine	1	285
Cranberry juice cocktail	1/2 cup	20	Grape juice	1/2 cup	130	Orange	1	235
Fruit cocktail, drained	1/2 cup	95	Grapefruit	1/2	175	Orange juice	1/2 cup	250
Lemon or lime juice, freshly squeezed	juice from 1 fruit	50	Grapefruit juice	1/2 cup	200	Peach	1	285
Mango nectar	1/2 cup	30	Grapes, red or green	1/2 cup	145	Pear	1	205
Papaya nectar	1/2 cup	40	Honeydew melon	1/2 cup	195	Pomegranate arils (seed/juice sacs)	1/2 cup	205
Pears, canned, drained	1/2 cup	30	Mango, pieces	1/2 cup	140	Pomegranate juice	1/2 cup	355
Pear nectar	1/2 cup	15	Papaya, chopped	1/2 cup	130	Prune juice	1/2 cup	355
Raspberries	1/2 cup	95	Peaches, canned, drained	1/2 cup	105	Prunes	1/4 cup	350
Watermelon, diced	1/2 cup	85	Pineapple juice	1/2 cup	160	Raisins	1/4 cup	310
			Pineapple, raw or canned, chunks	1/2 cup	125			
			Plum	1	105			
			Strawberries, sliced	1/2 cup	125			
			Tangerine (Mandarin orange)	1	145			

Vegetables (Not Starchy) and Salads								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Beans, green, cooked	1/2 cup	90	Asparagus, cooked, small spears	4	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	Avocado, sliced	1/2 cup
Celery, raw, small stalk	1	45	Beets, canned, slices	1/2 cup	125	Beets, cooked, sliced	1/2 cup	260
Cucumber, 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	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, sliced	1/2 cup	215
Onion, 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, sliced	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, sliced, diced, chopped	1/2 cup	240
			Spinach, raw	1 cup	165			
			Zucchini, raw, sliced, diced, chopped	1/2 cup	160			

Vegetables (Starchy)								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Peas, frozen, cooked	1/2 cup	90	Corn	1/2 cup	160	Potato, baked, with skin, medium	1	925
			Corn, small ear	1	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 and Grains								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Bagel, medium, plain	1	90	Cheerios®	1 cup	180	Bran muffin, small	1	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				Raisin bran	1 cup	380
Cereal (corn flakes, Corn Chex™, Rice Krispies®)	1 cup	20-60	Oatmeal, cooked	1 cup	155	Wheat germ, toasted, plain	1 ounce	270
Cereal (Cream of Wheat®, farina), cooked	1 cup	50	Pasta, cooked whole wheat (macaroni, penne, farfalle, rotini, shells)	1 cup	105			
English muffin	1	75	Rice, brown or wild, cooked	1 cup	175			
Grits, cooked	1 cup	55						
Pasta (penne, farfalle, rotini, shells, macaroni, spaghetti), cooked	1 cup	55						
Rice, white, cooked	1 cup	55						
Tortilla, corn or flour, 6-inch	1	40						

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

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

Protein: Meat, Poultry and Fish								
Low	Amount	mg	Medium	Amount	mg	High	Amount	mg
Crab, imitation	3 ounces	75	Clam, small	3	180	Beef, roast or ground, 85% lean	3 ounces	280
Egg, large	1	65	Crab, dungeness	3 ounces	150		Chicken, light or dark meat	3 ounces
Oyster, medium	1	15-85	Egg whites, large	2	110	Cod	3 ounces	210
Sardine, small	1	50	Beef hot dog	1	120	Crab, king	3 ounces	225
Shrimp, large	1	35	Lobster	3 ounces	195	Fish (haddock, tilapia)	3 ounces	300-330
			Orange roughy	3 ounces	154	Fish (swordfish, walleye, snapper, halibut, tuna)	3 ounces	425-450
			Perch	3 ounces	190		Liver (beef, chicken)	3 ounces
			Tuna, light, canned, drained	3 ounces	150	Pollock	3 ounces	390
						Pork (chops or tenderloin)	3 ounces	280-360
						Salmon	3 ounces	375
						Turkey, light or dark meat	3 ounces	210
						Veal	3 ounces	275

Other (Beverages, Sweets, Snacks and Spices)								
Low			Medium			High		
Amount	mg		Amount	mg		Amount	mg	
Beverages			Beverages			Beverage		
Coffee, instant	1 tsp.	35	Beer, regular	12 ounces	100	Coconut water	1/2 cup	240
Cola-type beverages	12 ounces	20	Coffee, black, brewed	1 cup (8 ounces)	115			
Non-cola beverages, all types (such as Sprite®, root beer)	12 ounces	5	Wine, red	5 ounces	190			
			Wine, white, table	5 ounces	105			
Tea, black	1 cup (8 ounces)	90						
Tea, herbal	1 cup (8 ounces)	20						
Sweets/Snacks			Sweets/Snacks			Sweets/Snacks		
Brownie (2-inch square)	1 square	40-85	Candy bar, milk chocolate	1 ounce	105	Potato chips	1 ounce	340
Candy, caramels	1 piece	20	Candy bar, dark chocolate	1 ounce	180	Pudding, chocolate, ready-to-eat	1/2 cup	210
Candy (hard, jelly beans)	10 pieces	10	Nutella®	2 Tbsp.	150	Other		
Candy bar, white chocolate	1 ounce	85	Ice cream, soft serve, frozen yogurt (chocolate, vanilla)	1/2 cup	150	Molasses	1 Tbsp.	295
Cookie medium (chocolate chip, sugar)	1	200	Pretzel twists	10	134	Salt substitute	1/4 tsp.	690
Gelatin/Jell-O®	1/2 cup	1						
Popsicle, fruit and juice bar	1	45						
Popcorn, regular or microwave	1 cup	25						

Other (Beverages, Sweets, Snacks and 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 Tbsp.	5						

(Source: U.S. Department of Agriculture. FoodData Central. Standard Reference Legacy database. Updated April 2018. fdc.nal.usda.gov.)

Nutrition Facts labels

Nutrition Facts labels are required by the U.S. Food and Drug Administration on most packaged foods and beverages. The FDA introduced a new label format in 2018. You will see one of these two versions of the label on the products you purchase. Food labels are a way to see the amount of calories and key nutrients in the packaged foods you buy.

When checking food labels, always consider the serving size. You may need to adjust your portion size (how much of a food you eat) to match the serving size to stay within your recommended potassium limit.

Serving sizes on food labels may be different than those listed in this guide.

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

SIDE-BY-SIDE LABEL COMPARISON

Original

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories	230	Calories from Fat 72	
% Daily Value*			
Total Fat	8g		12%
Saturated Fat 1g 5%			
Trans Fat 0g			
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber 4g 16%			
Sugars 1g			
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
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	30g

New

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g 5%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g 14%	
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* 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.	

In 2018, the FDA required potassium to appear on the label (see “New” label). This is to make it easier for you to know how much potassium is in the food you are eating. Most manufacturers are using this version of the label. Some manufacturers have until July 2021 to switch to this label.

Note: These Nutrition Facts labels are meant to show how the new label compares with the original label. Both represent products that are not real.