

Potassium in Your Diet

Why Is Potassium Important?

- Potassium is a mineral important for keeping the body well.
- Potassium helps keep the heart working well. It also helps to control blood pressure.
- Medications and treatments that you are getting may decrease or increase your body's level of potassium.

What To Look For On Food Labels

- Foods containing more than 250 milligrams (mg) or more than 15% of the daily value (DV) of potassium are considered high in potassium
- Foods containing 121-250 milligrams (mg) or 5-15% of the daily value (DV) of potassium are considered medium sources of potassium
- Foods containing less than 120 milligrams (mg) or less than 5% of the daily value (DV) of potassium are considered low in potassium

What Foods Contain Potassium?

Food Group	High Potassium Foods	Medium Potassium Foods	Low Potassium Foods
Dairy	Yogurt, milk, cream, 35% fat	Ricotta cheese, vanilla ice cream, cream cheese	American cheese, cheddar cheese, butter/margarine, cottage cheese
Meat	Red meats, chicken, salmon, cod, flounder, sardines, scallops	Tuna chunks, in water, crab, lobster, oysters, corned beef, sausage	Eggs
Vegetables and Beans	Butternut squash, artichoke, beets, broccoli, carrots, mushrooms, potatoes, white and sweet, pumpkin, tomatoes, spinach, baked beans, refried beans, lentils, pinto beans	Celery, snow peas, asparagus, zucchini, yellow squash, corn, eggplant, green beans, cauliflower, brussels sprouts	Cucumber, lettuce, kale, onions, peppers, peas, avocado

What Foods Contain Potassium? *(continued)*

Food Group	High Potassium Foods	Medium Potassium Foods	Low Potassium Foods
Fruit	Raw/dried apricots, banana, cantaloupe, dried fruits, kiwi, mango, nectarine, prunes, raisins, papaya	Cherries, blackberries, orange, grapefruit, peach, pears, guava	Apple, applesauce, blueberries, raspberries, grapes, mandarin oranges, pineapple, plums, tangerine, watermelon
Grains	Bran/bran products, granola, whole grains	Pita bread, cornflakes, pancakes	Rice, noodles, pasta, white bread, bagel, oatmeal, shredded wheat
Beverages	Milk, soy milk, grapefruit juice, orange juice	Coffee, apple juice, ovaltine	Tea, grape juice, pineapple juice, cider
Other	Nuts and seeds, peanut butter, chocolate, salt substitutes, molasses, syrup, soy, veggie burgers	Custard, pudding, barbeque sauce, jam, caramel, toffee	Yellow cake, angel food cake, mayonnaise, pickles, vinegar, honey