

Sharon R. Roseman, MD, FACP

Practice Limited to Gastroenterology

701 Broad Street, Suite 411 • Sewickley, PA 15143

Phone: 412-749-7160 • Fax: 412-749-7388

www.heritagevalley.org/sharonrosemanmd

POTASSIUM CONTENT IN FOODS

DRINKS

Low Potassium (less than 150 mg potassium)

- 1 cup brewed tea
- 2 teaspoons instant coffee powder
- 1 cup liquid Kool Aid™ (made from powder)
- 1 cup lemonade
- 1 cup pear or papaya nectar

Medium Potassium (150 to 300 mg potassium)

- ½ cup apple, grape, grapefruit or pineapple juice
- ¾ cup brewed coffee
- ½ cup hot cocoa made with milk
- ½ cup milk (all kinds)

High Potassium (more than 300 mg potassium)

- ½ cup orange, prune or tomato juice
- ¾ cup vegetable juice

FRUIT (fresh unless listed otherwise)

Low Potassium (less than 150 mg potassium)

- 1 small apple
- ½ cup applesauce, blueberries, canned mandarin oranges, pineapple, raspberries or strawberries
- 10 green, purple or red grapes
- 1 tangerine

Medium Potassium (150 to 300 mg potassium)

- 4 medium dates
- ½ medium grapefruit
- 1 medium kiwi, peach or pear
- 2 plums

High Potassium (more than 300 mg potassium)

- 3 medium (fresh) or 7 halves of (dried) apricots
- ½ of a banana or nectarine
- 1 cup cantaloupe, honeydew or watermelon cubes
- 2 medium fresh or dried figs
- 1 orange or papaya
- 5 prunes
- 1/3 cup raisins

VEGETABLES (cooked unless listed otherwise)

Low Potassium (less than 150 mg potassium)

- ½ cup bean sprouts, coleslaw, green beans, onions, frozen peas, summer squash or diced turnip
- ½ large bell pepper
- 2 small radishes
- ½ medium cucumber

Medium Potassium (150 to 300 mg potassium)

- ½ cup asparagus, beets, celery, corn kernels, eggplant, okra, turnip, mustard greens or zucchini squash
- 2/3 cup broccoli or carrots
- 1 cup cabbage or cauliflower
- 5 small mushrooms

High Potassium (more than 300 mg potassium)

- ½ large avocado
- ½ cup cooked dried peas, beans or lentils
- ½ cup mashes potato or 1 small potato
- ½ cup pumpkin, spinach or winter squash
- 1 small sweet potato
- ½ tomato juice, tomato sauce or 1 medium tomato

DAIRY

Low Potassium (less than 150 mg potassium)

- 1 inch square of American, cheddar, Swiss, mozzarella or other semi-hard cheese
- ¼ cup cottage cheese
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons sour cream

Medium Potassium (150 to 300 mg potassium)

- ½ cup ice cream, ice milk or ricotta cheese
- High Potassium (more than 300 mg potassium)
- 1 cup buttermilk, milk (all kinds) or yogurt (plain or fruit flavored)

OTHER

Low Potassium (less than 150 mg potassium)

- 5 medium black olives
- 1 ounce semisweet chocolate
- 9 or 10 small green olives

Medium Potassium (150 to 300 mg potassium)

- 2 tablespoons cocoa powder
- 1 ounce or 6 small pieces of nuts
- 2 tablespoons peanut butter
- 25 small peanuts

High Potassium (more than 300 mg potassium)

- ½ cup cooked beet greens or chard
- ½ cup bran cereal
- 1 ounce bitter chocolate
- 1 tablespoon molasses
- ¼ cup sunflower seeds
- ½ cup raw tofu
- 1 tablespoon wheat bran or germ