

POTASSIUM AND CARBOHYDRATE CONTENT OF FRUITS



FRUIT	SERVING SIZE	POTASSIUM (mg)	CARBS (g)
Apple	1 large (8 oz.)	239	31
Apricot fresh	1 fruit (1.2 oz.)	91	4
Apricot dry	8 halves (1 oz.)	325	18
Avocado Florida	¼ fruit (2.6 oz.)	267	6
Avocado Californian	½ fruit (3oz)	439	7
Blueberries	1 cup (5 oz.)	112	21
Blackberries	1 cup (5 oz.)	233	15
Banana	1 large (4.8 oz.)	487	31
Cantaloupe	1/8 small melon (2 oz.)	147	5
Cherries	10 (3 oz.)	182	13
Dates	1 (0.8 oz.)	167	18
Fig fresh	1 large (2.3 oz.)	149	12
Fig dry	3 medium (1 oz.)	171	16
Grapes	10 (1.7 oz.)	94	9
Grapefruit	1 large (6 oz.)	231	14
Honeydew melon	1/8 small melon (4.4oz.)	285	11
Lemon juice	1 oz.	38	3
Mango	½ fruit (3.6 oz.)	162	18
Nectarine	1 large (5.5 oz.)	314	17
Orange - California	1 large (5 oz.)	232	18
Peach	1 large (5.5 oz.)	298	16
Pear	1 large (7.4 oz.)	249	32
Pineapple	1 slices (2 oz.)	61	7
Plums	1 fruit (2.3 oz.)	104	8
Prunes	3 fruits (1 oz.)	185	16
Papaya	1 cup cubes (5 oz.)	360	14
Raspberries	1 cup (4.3 oz.)	186	15
Raisins	Miniature box (0.5 oz.)	105	11
Strawberries	10 medium (4 oz.)	184	9
Tangerine	1 large (4.2 oz.)	199	16
Watermelon	1 cup diced (5.4 oz.)	170	12
Kiwi	1 fruit (2.7 oz.)	237	11

Note: Over 10 g of carbohydrates shown in **BOLD RED** Over 100 mg potassium and less than 10 g carbohydrates shown in **BOLD BLUE**