



POTASSIUM CONTENT IN SELECTED FOODS

FOOD	SERVING SIZE	POTASSIUM (mg)	CARBOHYDRATES (g)
Asparagus cooked	8 spears (4.2 oz.)	269	5
Avocados raw- California	Half (3 oz.)	439	7
Bamboo shoots boiled	1 cup slices	105	7
Beef: steak Sirloin	4 oz.	429	0
Beef: steak Tenderloin	4 oz.	417	0
Beef: ground 95% fat free	4 oz.	425	0
Beef: liver Cooked	4 oz.	397	6
Beets: greens cooked/drained	½ cup	655	4
Beets boiled/drained	½ cup slices (3 oz.)	259	9
Broccoli cooked	1 cup	457	11
Broccoli raw	1 cup chopped	288	6
Brussels sprouts cooked	1 cup	495	11
Cabbage-chinese- "bok-choy" cooked	1 cup shredded	631	3
Cabbage Cooked	1 cup shredded	146	7
Cabbage raw	1 cup shredded	172	4

FOOD	SERVING SIZE	POTASSIUM (mg)	CARBOHYDRATES (g)
Carrots baby-raw	5 medium (2 oz.)	119	4
Carrots boiled	½ cup-slices	183	6
Cauliflower cooked	1 cup	176	5
Cauliflower raw	1 cup-pieces	303	5
Celery cooked	1 cup-diced	426	6
Celery raw	1 stalk (1.4 oz.)	104	1
Chicken- breast roasted	½ breast (3 oz.)	220	0
Chicken-liver cooked	4 oz.	356	1
Coconut water	1 cup	600	9
Crab-Alaska king Cooked	4 oz.	269	0
Crab cakes	4 oz.	366	Less than 1
Crab-blue canned	4 oz.	423	0
Lobster cooked	4 oz.	398	1
Cucumber raw-with skin	1 cup	153	4
Duck Roasted-skinless	4 oz.	285	0
Egg substitute Liquid	½ cup	414	1
Egg: chicken Hard-boiled	1	63	Less than 1
Endive Raw	1 cup	157	2
Fish: Salmon-Atlantic Cooked-dry heat	4 oz.	434	0
Fish: Tilapia Cooked-dry heat	4 oz.	429	0

FOOD	SERVING SIZE	POTASSIUM (mg)	CARBOHYDRATES (g)
Fish: Sardines-canned in oil	4 oz.	450	0
Ham extra lean 5% fat	4 oz.	397	3
Kale-boiled	1 cup	296	7
Kale-raw	1 cup chopped	300	7
Kohlrabi-raw	4 oz.	397	7
Kohlrabi-cooked	4 oz.	386	7
Lamb-leg lean roasted	4 oz.	387	0
Lemon juice fresh	1 yields (1.7 oz.)	64	4
Lettuce-Boston raw	1 cup shredded	131	1
Lettuce-romaine raw	1 cup shredded	116	2
Mushrooms-white raw	1/2 cup slices	111	1
Mushrooms-portabella grilled	1 cup sliced (4.3 oz.)	630	6
Mushrooms-brown/Crimini raw	1 cup slices (2.5 oz.)	323	3
Okra cooked	1 cup slices	216	7
Onion raw	1 small (2.5 oz.)	101	7
Onion cooked	1 small (2.5 oz.)	118	7
Onion green/scallions raw	½ cup chopped	157	4
Parsley raw	½ cup chopped	166	2
Peanut butter smooth	1 table spoon	104	3
Peppers bell/red raw	1 cup sliced	194	5.5
Pork-loin lean roasted	4 oz.	480	0
Pork-bacon Canadian style	4 oz.	441	2

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Pork-ham extra lean 5% fat	4 oz.	397	3
Radishes raw	½ cup slices	135	2
Rutabagas cooked	½ cup cubes	277	7
Sauerkraut canned	½ cup	121	3
Shellfish-clam cooked	4 oz.	712	6
Shrimps cooked	4 oz.	206	0
Stock-fish home prepared	1 cup	336	0
Stock-beef home prepared	1 cup	444	3
Soy milk unsweetened	1 cup	300	4
Spinach cooked drained	1 cup (6 oz.)	829	7
Spinach raw	1 cup (1 oz.)	167	1
Squash-summer cooked	1 cup (6.3 oz.)	455	7
Squash-summer raw	1 cup (4 oz.)	325	4
Tofu-firm raw	4 oz.	269	5
Tomato raw	1 cup chopped (6.3 oz.)	427	7
Turkey breast roasted no skin	4 oz.	330	0
Turnip greens boiled	1 cup (5 oz.)	292	6
Veal leg Top Round	4 oz.	500	0



Note: high potassium (over 250 mg) shown in **BOLD RED**
Optimum intake of potassium is **2500-5000mg per day.**