



**Northwest**  
**RENAL**  
*Clinic, Inc.*

**Low Potassium foods** (one portion= ½ cup raw or as stated)

To 150mg

Apple juice, ½ cup, 148  
Coffee, 6oz, brewed, 124  
Cranberry juice, ½ cup, 31  
Ginger ale, 12 oz, 4  
Tea, 6oz, brewed, 27

To 120mg

Apples, peeled, sliced 62  
Applesauce, canned, sweetened, 78; unsweetened, 92  
Apricot, 1 medium, 105  
Blueberries, raw, 65  
Cherries, sour, red, canned, water pack, 120  
Cranberries, raw, 39  
Cranberry sauce, canned, sweetened, 36  
Fig, 1 medium, 116  
Fruit cocktail in heavy syrup, 112  
Grapes, Thompson seedless, ten, 93  
Grapes, seeded, Tokay, ten, 105  
Lemon, 1 medium, 80  
Lime, 1 medium, 68  
Peaches, canned, heavy syrup, 118  
Pears, heavy syrup, 83  
Pineapple, raw, diced, 88  
Plums, canned, heavy syrup, 118  
Plums, raw, 1 medium, 114  
Raspberries, raw, 94  
Rhubarb, cooked, with sugar, 115  
Watermelon, diced, 93

To 125mg

Alfalfa seeds, sprouted, raw, 13  
Arugula, raw, 37  
Bagel plain, 50

Bamboo shoots, canned, 53  
Beans, green, cooked, from frozen, 76  
Bean sprouts, raw, 78  
Bread, 1 slice, white, 28  
Cabbage, raw, red 72  
Cabbage, raw, green, 86  
Carrots, cooked from frozen, 116  
Cauliflower, cooked from frozen, 125  
Collards, leaves, cooked from raw, 84  
Corn, cooked, from frozen, 114  
Cucumbers, sliced, 84  
Dandelion greens, cooked, 121  
Eggplant, steamed, 119  
Endive, raw, 79  
Jicama, raw, 98  
Leeks, cooked from raw, 46, raw, 94  
Lettuce, iceberg, 1 cup 87  
Mustard greens, cooked from frozen, 104  
Oatmeal, regular, ¾ cup, 99  
Onions, raw, diced, 124  
Pasta, plain, 1 cup, 103  
Peppers, sweet, raw, 89, cooked, 113  
Popcorn, air popped, 1 cup, 20  
Rice, cooked, white, 29; brown, 69  
Turnips, white, cubes, cooked from raw, 106  
Water chestnuts, canned, 83

**Higher Potassium**

From 151 to 200mg

Grape juice, canned or bottled, ½ cup, 167  
Grapefruit juice, canned, unsw, ½ cup, 189  
Pineapple juice, canned, unsw, ½ cup 168

From 121-250mg

Apricots, canned, heavy syrup, 181  
Juice pack, 205  
Blackberries, raw, 141  
Cherries, sweet, ten, 152  
Grapefruit, ½ medium, 167  
Grapefruit, canned, with syrup, 164  
Orange, 1 medium, 237  
Peach, 1 medium, 171  
Peaches canned, juice pack, 159  
Pear, Asian, 1 medium, 148  
From 121-250mg continued.

Pear, 1 medium, Bosc, 176  
Pear, 1 medium, Bartlett, 208  
Pineapple, canned, heavy syrup,  
133  
Pineapple, canned, juice packed,  
153  
Plums, canned, juice packed, 194  
Raspberries, frozen, sweetened,  
143  
Strawberries, raw, 124  
Tangerine, 1 medium, 132

From 126-250mg

Asparagus, cooked, from frozen,  
196  
Beans, green, cooked from raw,  
185  
Bread, pumpernickel, 1 slice, 141  
Broccoli, cooked, from frozen, 167  
Broccoli, cooked, from raw,  
127  
Brussel sprouts, cooked, from  
raw, 246  
Cabbage, common, cooked, 154  
Carrots, cooked, from raw, 177  
Cauliflower, cooked, from raw, 202  
Cauliflower, raw florets, 178  
Celery, raw, diced, 171  
Chickpeas, cooked, drained, 239

Corn, cooked, from raw, 204  
Fennel bulb, raw, sliced, 180  
Kale, cooked, from frozen, 209  
Kale, cooked, from raw, 148  
Lettuce, romaine, 1 cup, 148  
Mushrooms, raw, 130  
Mustard greens, cooked, from raw,  
141  
Okra, sliced, cooked, from frozen,  
215  
Onions, cooked, 160  
Parsley, raw, 166  
Peas, edible pod, cooked, 192  
Peas, green, cooked, from frozen,  
134  
Peppers, hot chili, 1 raw, 153  
Radishes, raw, 144  
Scallions, raw, 138  
Squash, summer, cooked, all  
types, 173  
Spinach, raw, chopped, 154  
Tortillas, corn, flour, 172  
Turnip greens, cooked, from raw,  
146

### **Highest Potassium**

201 or more mg

Milk, whole, 1 cup, 370  
Milk, skim, 412  
Milk 1% reduced fat, 381-397  
Orange juice, fresh, ½ cup, 248  
Soy milk, 1 cup, 338

251 or more mg

Apricots, dried, uncooked, 896  
Apricots, dried, cooked, 611  
Artichoke, 1 medium, 425  
Avocado, ½ medium, 549  
Banana, medium, 451  
Beans, black, cooked, drained, 306  
Beans, kidney, cooked, 355  
Beets, cooked, 265

Cantaloupe, ¼ medium, 413  
Dates, chopped, 581  
Figs, 5 dried, 666  
Honeydew melon, ¼ medium, 875  
Kiwifruit, 1 medium, 252  
Lentils, cooked, 366  
Mango, 1 medium, 323  
Nectarine, 1 medium, 288  
Papaya, ½ medium, 390  
Peaches, dried, cooked, 413  
Peaches, dried, uncooked, 797  
Peanuts, oil roasted, unsalted, 491  
Pomegranate 1 medium, 399  
Potato, baked, large, with skin, 844  
Potato, boiled, no skin, 256  
Prunes, 5 dried, uncooked, 365  
Pumpkin, canned, 253  
Raisins, seedless, 545  
Soy beans, cooked, 486  
Spinach, cooked, from frozen, 283  
Tomato, raw, 1 medium, green,  
251  
Tomato, raw, 1 medium, red, 273