
POTASSIUM CONTENT OF COMMON FOODS

Medium to Low (less than 200 mg per serving)

PROTEIN

25 Peanuts
1 med. Egg
4 oz Tofu

STARCH

1c. White rice, cooked
1c. Spaghetti/Noodles, cooked
1c. Oatmeal, cooked
1 sl. Bread
10 Soda Crackers

FRUIT JUICE

4 oz. Apple juice
4 oz. Cranberry Juice
4 oz. Grape juice
4 oz. Pineapple juice

FRUIT

1 sm. Apple
10 sm. Cherries
½ sm. Grapefruit
10 sm. Grapes
5 Longans
5 Lychees
1 sm. Peach
1 sm. Plum
1 sm. Pear
½ c. Pineapple
½ c. Strawberries
1 sm. Tangerine
½ c. Watermelon

VEGETABLES

½ c. Asparagus
½ c. Bok Choy
½ c. Bamboo shoots, canned
½ c. Bean Sprouts
½ c. Carrots
½ c. Cauliflower
½ c. Celery
½ c. Corn
½ c. Cabbage
½ c. Eggplant
½ c. Green beans
½ c. Green peppers
½ c. Green peas
½ c. Lettuce
½ c. Mushroom
½ c. Chinese Mushroom
½ c. Chinese Wintermelon
½ c. Summer squash
½ c. Radish (turnip)

❖ Persons on a potassium restricted diet should limit their daily intake to less than 2,000 mg.

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