



Potassium in Your Diet

Why is Potassium Important?

- Potassium is a mineral important for keeping the body well.
- Potassium helps keep the heart working well. It also helps to control blood pressure.
- Medications and treatments that you are getting may decrease or increase your body's level of potassium.

What to Look For on Food Labels

- Foods containing more than 250 milligrams (mg) or more than 15% of the daily value (DV) of potassium are considered **high in potassium**
- Foods containing 121-250 milligrams (mg) or 5-15% of the daily value (DV) of potassium are considered **medium sources of potassium**
- Foods containing less than 120 milligrams (mg) or less than 5% of the daily value (DV) of potassium are considered **low in potassium**

What Foods Contain Potassium?

	<i>High Potassium Foods</i>	<i>Medium Potassium Foods</i>	<i>Low Potassium Foods</i>
Dairy	<ul style="list-style-type: none"> ♦ Yogurt ♦ Milk ♦ Cream, 35% fat 	<ul style="list-style-type: none"> ♦ Ricotta cheese ♦ Vanilla ice cream ♦ Cream cheese 	<ul style="list-style-type: none"> ♦ American cheese ♦ Cheddar cheese ♦ Butter/margarine ♦ Cottage cheese
Meat	<ul style="list-style-type: none"> ♦ Red meats ♦ Chicken ♦ Salmon ♦ Cod ♦ Flounder ♦ Sardines ♦ Scallops 	<ul style="list-style-type: none"> ♦ Tuna chunks, in water ♦ Crab ♦ Lobster ♦ Oysters ♦ Corned beef ♦ Sausage 	<ul style="list-style-type: none"> ♦ Eggs
Vegetables & Beans	<ul style="list-style-type: none"> ♦ Butternut squash ♦ Artichoke ♦ Beets ♦ Broccoli ♦ Carrots ♦ Mushrooms ♦ Potatoes, white and sweet ♦ Pumpkin ♦ Tomatoes ♦ Spinach ♦ Baked beans ♦ Refried beans ♦ Lentils ♦ Pinto beans 	<ul style="list-style-type: none"> ♦ Celery ♦ Snow peas ♦ Asparagus ♦ Zucchini ♦ Yellow squash ♦ Corn ♦ Eggplant ♦ Green beans ♦ Cauliflower ♦ Brussels sprouts 	<ul style="list-style-type: none"> ♦ Cucumber ♦ Lettuce ♦ Kale ♦ Onions ♦ Peppers ♦ Peas ♦ Avocado

	<i>High Potassium Foods</i>	<i>Medium Potassium Foods</i>	<i>Low Potassium Foods</i>
Fruit	<ul style="list-style-type: none"> ◆ Raw/dried apricots ◆ Banana ◆ Cantaloupe ◆ Dried fruits ◆ Kiwi ◆ Mango ◆ Nectarine ◆ Prunes ◆ Raisins ◆ Papaya 	<ul style="list-style-type: none"> ◆ Cherries ◆ Blackberries ◆ Orange ◆ Grapefruit ◆ Peach ◆ Pears ◆ Guava 	<ul style="list-style-type: none"> ◆ Apple ◆ Applesauce ◆ Blueberries ◆ Raspberries ◆ Grapes ◆ Mandarin oranges ◆ Pineapple ◆ Plums ◆ Tangerine ◆ Watermelon
Grains	<ul style="list-style-type: none"> ◆ Bran/bran products ◆ Granola ◆ Whole grains 	<ul style="list-style-type: none"> ◆ Pita bread ◆ Cornflakes ◆ Pancakes 	<ul style="list-style-type: none"> ◆ Rice ◆ Noodles ◆ Pasta ◆ White bread ◆ Bagel ◆ Oatmeal ◆ Shredded wheat
Beverages	<ul style="list-style-type: none"> ◆ Milk ◆ Soy milk ◆ Grapefruit juice ◆ Orange juice 	<ul style="list-style-type: none"> ◆ Coffee ◆ Apple juice ◆ Ovaltine 	<ul style="list-style-type: none"> ◆ Tea ◆ Grape juice ◆ Pineapple juice ◆ Cider
Other	<ul style="list-style-type: none"> ◆ Nuts and seeds ◆ Peanut butter ◆ Chocolate ◆ Salt substitutes ◆ Molasses ◆ Syrup ◆ Soy ◆ Veggie burgers 	<ul style="list-style-type: none"> ◆ Custard ◆ Pudding ◆ Barbeque sauce ◆ Jam ◆ Caramel ◆ Toffee 	<ul style="list-style-type: none"> ◆ Yellow cake ◆ Angel food cake ◆ Mayonnaise ◆ Pickles ◆ Vinegar ◆ Honey