

POTASSIUM

Foods Rich in Potassium

If you have high blood pressure try to get 20 extra potassium points each day **

The foods richest in potassium are fruits, vegetables, dry beans, dairy and fish

To make counting potassium easier potassium mg have been converted to potassium points
(1 potassium point = 39 mg)

Food	Amount	Potassium Points	Food	Amount	Potassium Points
MILK AND MILD PRODUCTS			Okra, Cooked	$\frac{1}{2}$ cup	4
* Cheese	1 ounce	1	Onions:		
*Cheddar	$\frac{1}{2}$ cup	2	Cooked	$\frac{1}{2}$ cup	3
*Cottage	4 tbls	1	Green, Raw	5	3
*Process, American	1 ounce	1	Peas, Green, Cooked	$\frac{1}{2}$ cup	4
Cream:			Pepper, Green, Raw	1 shell	5
Half'n Half	2 tbls	1	Pumpkin, Cooked	$\frac{1}{2}$ cup	6
Sour Commercial	$\frac{1}{4}$ cup	1	Radishes, Raw	8-10 medium	8
Ice Cream	$\frac{1}{2}$ cup	3	Rhubarb, Raw	1 c cubed	6
Ice Milk	$\frac{1}{2}$ cup	6	Rutabaga, Cooked	$\frac{1}{2}$ cup	4
Milk, whole, 2% skim, butter	1 cup	9	*Sauerkraut	$\frac{1}{3}$ cup	2
Evaporated, Skim or whole	$\frac{1}{2}$ cup	9	Squash:		
"Instant" Dry Skim milk powder	$\frac{1}{3}$ cup	9	Summer, Cooked	$\frac{1}{2}$ cup	4
Yogurt, Plain	1 cup	9	Winter, Cooked	$\frac{1}{2}$ cup	12
VEGETABLES			Tomato:		
Asparagus, Cooked	$\frac{1}{2}$ cup	4	Cooked	$\frac{1}{2}$ cup	6
Beans, Green Cooked	$\frac{1}{2}$ cup	2	Raw	medium	6
Beets, Cooked	$\frac{1}{2}$ cup	5	*Tomato Juice	1 cup	14
Broccoli, Cooked	1 lg stalk	7	Turnips, Cooked	$\frac{1}{2}$ cup	4
Brussel Sprouts, Cooked	$\frac{1}{2}$ cup	5	FRUIT		
Cabbage:			Apple, Raw	1 small (2" dia)	2
Cooked	$\frac{1}{2}$ cup	4	Applesauce, Cooked	1 cup	4
Raw	1 c shredded	6	Apricots:		
Carrots:			Fresh or Canned	2 medium	7
Cooked	$\frac{1}{2}$ cup	6	Dried	2 medium	5
Raw	3 med sticks	4	Avocado	$\frac{1}{8}$ (4" dia)	4
Cauliflower, Cooked	1 cup	5	Banana	1 small	9
Celery, Raw	1 large stalk	4	Berries:		
Cucumber, Raw	1 med	4	Blackberries, Fresh or Canned	1 cup	7
Eggplant, Cooked	$\frac{1}{2}$ cup	4	Blueberries:		
Escarole, Raw	4 large leaves	8	Canned	1 cup	4
Greens: Chard, Collards, Dandelion, Kale, Mustard, Spinach, Turnip Cooked	$\frac{1}{2}$ cup	7	Fresh	1 cup	3
Lettuce, Raw	4 large leaves	4	Cranberries, Raw or Sauce	1 cup	2
Mushrooms			Raspberries	1 cup	6
Cooked	$\frac{1}{2}$ cup	5	Strawberries	10 lg or $\frac{2}{3}$ c	4
Raw	10 small	11	Cantaloupe	$\frac{1}{4}$ cup (6" dia)	10

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Cherries, Raw, Canned	$\frac{1}{2}$ cup	3	Cream of Wheat, Quick, Cooked	$\frac{1}{2}$ cup	0
Dates, Dried	2 medium	2	Cream of Wheat, Reg, Cooked	$\frac{1}{2}$ cup	0
Figs:			Farina, Cooked	$\frac{1}{2}$ cup	0
Canned	3	4	Oatmeal, Cooked	$\frac{1}{2}$ cup	2
Dried	1 small	2	Pettijohns, Cooked	$\frac{1}{2}$ cup	3
Grapefruit:			Rice, Puffed	$\frac{3}{4}$ cup	1
Canned	$\frac{1}{2}$ cup	4	Wheat Germ	3 tbls	6
Raw	$\frac{1}{2}$ small	3	Wheat Shredded	2 biscuits	4
Grapefruit Juice	$\frac{1}{2}$ cup	5	Corn:		
Grapes	12 medium	3	Corn	$\frac{1}{3}$ cup	5
Grape Juice	$\frac{1}{2}$ cup	4	Popped, Unbuttered	1 cup	0
Honeydew Melon	$\frac{1}{8}$ (7" dia)	10	Cornmeal, Dry	$\frac{1}{4}$ cup	1
Mango	1 small	7	Crackers:		
Nectarine	2 medium	11	Graham	2- 2 $\frac{1}{2}$ " square	2
Orange	1 small	5	*Oyster	20	1
Orange Juice	$\frac{1}{2}$ cup	5	*Round, Thin	6	1
Papaya	$\frac{1}{3}$ medium	6	*Saltines	5	1
Peach, Raw or Canned	1 med or $\frac{1}{2}$ cup	5	Flour:		
Pear, Raw or Canned	1 med or $\frac{1}{2}$ cup	3	Flour	2 $\frac{1}{2}$ tbls	1
Pineapple, Raw or Canned	1 med slice	3	*Self-rising	1 tbls	0
Pineapple Juice	$\frac{1}{2}$ cup	5	Grits, cooked	$\frac{1}{2}$ cup	0
Plums, Fresh or Canned	3 medium	8	Macaroni, Cooked	$\frac{1}{2}$ cup	2
Prunes, Dried, Cooked	4	7	Noodles, Cooked	$\frac{1}{2}$ cup	1
Raisins, Dried	2 tbls	3	Parsnips, Cooked	$\frac{1}{2}$ cup	10
Tangerine	1 large	3	Peas, Dry, Cooked	$\frac{1}{2}$ cup	8
Watermelon	1 c diced	4	Potato:		
STARCHY FOODS			Sweet or Yams	$\frac{1}{4}$ c or $\frac{1}{2}$ sm	4
			White, baked	1 sm (2" dia)	13
Beans:			White, Boiled, Peeled	1 sm (2" dia)	7
Baked, No Pork	$\frac{1}{3}$ cup	7	Rice, Cooked	$\frac{1}{2}$ cup	1
Dry, Cooked	$\frac{1}{2}$ cup	14	Spaghetti, Cooked	$\frac{1}{3}$ cup	2
Green Lima, Cooked	$\frac{1}{2}$ cup	14	PROTEIN FOODS		
Bread:			Egg:		
*Biscuit	1 (2" Dia)	5	Whole, Medium		
Bread	1 slice	1	White, Medium	1	2
Bun Hamburger	1 (30 grams)	1	Fish:	1	1
Cornbread	1 (1 $\frac{1}{2}$ " cube)	1	Clams	1 ounce	2
Muffin	1 (2" dia)	1	Crabmeat	$\frac{1}{4}$ cup	1
Cereal:			Fresh:		
All Bran	$\frac{1}{2}$ cup	8	Cod, Haddock, Halibut, etc.	1 ounce	3
Corn Flakes	$\frac{3}{4}$ cup	1	Lobster	$\frac{1}{4}$ cup	2

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Mackerel	1 ounce	3	Chocolate (no icing)	1 pc (2x3x2")	2
Oysters	2-3 medium	2	Plain (no icing)	1 cupcake	1
*Salmon, Canned	1 ounce	3	Sponge (no icing)	$\frac{1}{10}$ cake	1
*Sardines	3 medium	5	*Catsup	6 tbs	9
Scallops	1 ounce	3	Chocolate, Sweet	1 sq (1 ounce)	2
Shrimp	5 small	1	Cocoa, Dry	2 tbs	5
*Tuna, Canned	1 ounce	3	Coffee	4 cups	12
*Frankfurter	1 (8-9/lb)	3	Gelatin, Clear Flavored	Any amount	0
Liver, Sweetbreads	1 ounce	3	Honey	5 tbs	1
*Lunch Meat	1 slice (4" dia)	2	Jelly or Jam	5 tbs	2
Meat, Cooked:			Malted Mild Powder	1 tbs	2
Beef, Lamb, Pork, Poultry, Heart, Veal	1 ounce	3	Molasses:		
*Peanut Butter	2 tbs	5	Blackstrap	1 tbs	15
FATS			Light	1 tbs	8
Bacon	1 slice	1	*Mustard, Prepared	1 tbs	1
Butter	1 tsp	0	*Pickle, Dill	1 large	5
Margarine	1 tsp	0	Sherbet	$\frac{1}{2}$ cup	1
Nuts, Peanuts, Unsalted	18 small	5	Sugar:		
Oil or Cooking Fat	1 tsp	0	Brown	2 tbs	2
Olives	5	1	White	1 tbs	
Salad Dressing:			Syrup:		
*French Dressing	2 tbs	0	Corn	2tbs	0
Mayonnaise	1 tsp		Maple	1 tbs	1
MISCELLANEOUS			Tea	4 cups	8
*Bouillon Cube	1	3	Tomato Puree	6 tbs	11
Cake:			Vinegar	2 tbs	1
Angel (no icing)	$\frac{1}{10}$ cake	1			

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Some folks ask about Potassium so here is some helpful information:

**Potassium is a very important mineral in our body's fluid balance. It helps maintain our internal pressure and water balance so that our cells can function properly. It affects our muscle activity, especially the heart muscle, so that even small changes in our blood potassium will show up on an EKG (Electro Cardiogram). The EKG shows your doctor if your heart is beating too fast, too slow or irregularly.

For those of you on high blood pressure medications, your doctor may tell you to eat more potassium or may give you a medicine containing potassium. The reason extra potassium is

needed is because most blood pressure medicine works by making the kidneys clean the excess sodium and water out of the blood stream. Unfortunately, the medicine also takes out potassium which your body does need. Therefore, you must take in extra potassium so your body's potassium does not run dangerously low. At the same time, it would be good to avoid real salty foods (or high sodium foods) so your blood pressure medicine is more effective.

The most common foods recommended to replace potassium are oranges and bananas. For those of you who grow tired of them or cannot eat those fruits, there is good news. Many other foods are rich in potassium! We do not know our exact requirement for potassium but the average American diet contains 60 - 120 point of potassium per day. If you are on blood pressure medication and your doctor tells you to eat potassium foods, a good rule of thumb to follow is to eat about 20 extra potassium points per day.

The list contains the food value of potassium. It would be a good idea to first study how much potassium you are eating each day. Write down everything you eat each day, and the potassium points and add up your average. Then try to add an extra 20 points to that average by choosing foods from the list that are rich in potassium.

CAUTION: Some people who have kidney problems may need to restrict potassium. Be sure that your doctor specifically tells you, you need more potassium before you add more to your diet.