

Foods High in Potassium

Food	Standard portion size	Calories in standard portion ^a	Potassium in standard portion (mg) ^a
Potato, baked, flesh and skin	1 small potato	128	738
Prune juice, canned	1 cup	182	707
Carrot juice, canned	1 cup	94	689
Tomato paste	¼ cup	54	664
Beet greens, cooked	½ cup	19	654
White beans, canned	½ cup	149	595
Tomato juice, canned	1 cup	41	556
Plain yogurt, nonfat or lowfat	8 ounces	127–143	531–579
Tomato puree	½ cup	48	549
Sweet potato, baked in skin	1 medium	103	542
Clams, canned	3 ounces	126	534
Orange juice, fresh	1 cup	112	496
Halibut, cooked	3 ounces	119	490
Soybeans, green, cooked	½ cup	127	485
Tuna, yellowfin, cooked	3 ounces	118	484
Lima beans, cooked	½ cup	108	478
Soybeans, mature, cooked	½ cup	149	443
Rockfish, Pacific, cooked	3 ounces	103	442
Cod, Pacific, cooked	3 ounces	89	439
Evaporated milk, nonfat	½ cup	100	425
Low-fat (1%) or reduced fat (2%) chocolate milk	1 cup	158–190	422–425
Bananas	1 medium	105	422
Spinach, cooked	½ cup	21–25	370–419
Tomato sauce	½ cup	29	405
Peaches, dried, uncooked	¼ cup	96	398
Prunes, stewed	½ cup	133	398
Skim milk (nonfat)	1 cup	83	382
Rainbow trout, cooked	3 ounces	128	381
Apricots, dried, uncooked	¼ cup	78	378
Pinto beans, cooked	½ cup	122	373
Pork loin, center rib, lean, roasted	3 ounces	190	371
Low-fat milk or buttermilk (1%)	1 cup	98–102	366–370
Lentils, cooked	½ cup	115	365
Plantains, cooked	½ cup	89	358
Kidney beans, cooked	½ cup	112	358

a. Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>.

An Important Notice: Only your doctor can properly diagnose and treat any disease or disorder. Before starting the use of any nutritional supplement, it is important to consult with your doctor. The U.S. Food Drug Administration has not evaluated the statements on this web site. These products are not intended to diagnose, treat, cure or prevent any disease. Information on the site is educational information only and does not warrant, imply or guarantee any result or cure.

High intake of sodium is related to the high prevalence of high blood pressure in the United States. Dietary potassium can lower blood pressure by blunting the adverse effects of sodium on blood pressure. Other possible benefits of an eating pattern rich in potassium include a reduced risk of developing kidney stones and decreased bone loss. The Adequate Intake (AI) for potassium for adults is 4,700 mg per day. AIs are amounts of a nutrient that are adequate for almost everyone in the population; therefore, intake below an AI may be adequate for some people. Available evidence suggests that African Americans and individuals with hypertension especially benefit from increasing intake of potassium.

Few Americans, including all age-gender groups, consume potassium in amounts equal to or greater than the AI. In view of the health benefits of adequate potassium intake and its relatively low current intake by the general population, increased intake of dietary potassium from food sources is warranted. Individuals with kidney disease and those who take certain medications, such as ACE inhibitors, should consult with their health care provider for specific guidance on potassium intake.

Dietary sources of potassium are found in all food groups, notably in vegetables, fruits, and milk and milk products. Appendix 12 below lists food sources of potassium. Americans should select a variety of food sources of potassium to meet recommended intake rather than relying on supplements.

Data from: Dietary Guidelines for Americans 2010

Both potassium and magnesium play a large role in maintaining health and increasing longevity.

Potassium can be easily overlooked as an important part of daily nutrition. Potassium works with sodium to help your body maintain a proper fluid balance, and although potassium is present in many foods, it is vulnerable to being depleted from the body. A diet high in refined foods is linked with potassium loss, as well as the over-consumption of coffee. And don't overcook your vegetables, as boiling them in large amounts of water can cause the potassium to bleed off.

If you're concerned about your blood pressure, you're probably watching your intake of sodium. To keep your sodium under control, avoid prepared and processed foods, and keep an eye on how much potassium you consume. Researchers have found that a diet high in potassium can actually reduce the effect of consuming too much sodium. Most fruits, vegetables, and fish are high in this important mineral. Yes - you have to eat your fruits and veggies!

Magnesium is a mineral that supports every major system in our bodies. One of its most important functions is to keep bones strong. It can help reduce the risk of osteoporosis in older women. It also supports the nervous system, working with calcium to help keep nerves relaxed and healthy. Without an adequate supply of magnesium, muscles may react, triggering cramps and spasms. Muscle tension, anxiety and heart disease are among the ailments linked with a magnesium deficiency. In addition, magnesium helps to regulate a brain receptor. Recent research shows that it may keep memory functioning as we age.

A common condition that is helped by magnesium is restless leg syndrome and/or leg cramping while sleeping. Common pain killers can provide temporary relief, but cannot be taken these everyday! Try taking magnesium a couple of hours before bed to see if it can reduce the leg cramps. There are many different forms of magnesium. Try one form to see if it helps. If you are unsure which form to use, check with a holistic wellness physician. Trained holistic wellness doctors can determine which form will be most effective for your body.