

**Fruits**

Apricots (canned), ½ cup	200 mg
Banana, 1 medium	467 mg
Cantaloupe, ½ cup	247 mg
Dates, ½ cup	581 mg
Figs (dry), 2	271 mg
Fruit Cocktail, ½ cup	210 mg
Honeydew, ½ cup	230 mg
Kiwi, 1 medium	252 mg
Nectarine, 1 medium	288 mg
Orange, 1 medium	237 mg
Passion Fruit (purple), ½ cup	410 mg
Pear, 1 medium	208 mg
Plantain (cooked), ½ cup	360 mg
Pomegranate, 1 medium	399 mg
Prunes, ½ cup	415 mg
Raisins, ½ cup	545 mg

**Vegetables**

Artichoke, 1 medium	425 mg
Asparagus (canned/frozen), ½ cup	200 mg
Avocado, ½ cup	558 mg
Baked Potato, 1 medium	610 mg
Beet Greens, ½ cup	650 mg
Broccoli (cooked), ½ cup	228 mg
Brussels Sprouts (cooked), ½ cup	250 mg
Collards (cooked), ½ cup	246 mg
French Fries, ½ cup	550 mg
Hash Browns, ½ cup	251 mg
Kohlrabi (cooked), ½ cup	280 mg
Mashed Potatoes, ½ cup	315 mg
Okra (cooked), ½ cup	258 mg
Parsnips, ½ cup	286 mg
Potatoes au Gratin, 3 oz	485 mg
Rutabaga (cooked), ½ cup	277 mg
Sauerkraut (canned), ½ cup	201 mg
Spinach (canned), ½ cup	370 mg
Tomato, (fresh, raw), ½ cup	200 mg
Tomato Paste, ½ cup	1,228 mg
Tomato Sauce, ½ cup	454 mg
Winter Squash (cooked), ½ cup	448 mg
Yams (canned), ½ cup	398 mg

**Other**

Almonds, 1 oz	201 mg
Baked Beans, 3 oz	380 mg
Black-eyed Peas, 3 oz	320 mg
Catfish (breaded), 3 oz	289 mg
Cheeseburger (no toppings)	285 mg
Chicken Breast (no skin), 3 oz	220 mg
Chili (with beans), 1 cup	691 mg
Chocolate Milk, ½ cup	210 mg
Clams (raw), 3 oz	267 mg
Cod, 3 oz	440 mg
Condensed Milk, ½ cup	567 mg
Eggnog, ½ cup	210 mg
Evaporated Milk, ½ cup	425 mg
Granola (with raisins), 1 cup	420 mg
Grapefruit Juice, ½ cup	203 mg
Haddock, 3 oz	339 mg
Ham, 3 oz	300 mg
Kidney Beans, 3 oz	350 mg
Lamb, 3 oz	265 mg
Lentils, 3 oz	365 mg
Lobster, 3 oz	300 mg
Oat Bran Muffin, small	289 mg
Orange Juice, ½ cup	237 mg
Pistachios, 1 oz	295 mg
Pork Loin/Chop, 3 oz	370 mg
Potato Chips (plain), 1 oz	361 mg
Prune Juice, ½ cup	354 mg
Pumpkin Pie, ⅙ pie	288 mg
Salmon, 3 oz	319 mg
Salt Substitute, ¼ teaspoon	800 mg
Scallops, 6 large	300 mg
Skim Milk, ½ cup	204 mg
Soybeans, 3 oz	485 mg
Taco, small	474 mg
Tomato Juice, ½ cup	267 mg
Trail Mix, ½ cup	495 mg
Tuna (canned), 3 oz	200 mg
Tuna (fresh), 3 oz	484 mg
Turkey (light/dark), 3 oz	250 mg
Veal (roasted), 3 oz	251 mg
Yogurt (plain, low-fat), 8 oz	531 mg



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\*All potassium amounts are approximate. Please check packaging and the Nutrition Facts Label if available. Talk with your healthcare provider before making any changes to your diet. This is an informational resource only and is not a substitute for medical advice.