

Fruits

Apple (raw), ½ cup	159 mg
Applesauce, ½ cup	78 mg
Apricot (raw)	104 mg
Blackberries (raw), ½ cup	141 mg
Blueberries (raw), ½ cup	65 mg
Cherries, 10	152 mg
Grapefruit, one-half	159 mg
Grapes, 10	93 mg
Lemon (medium)	80 mg
Mandarin Orange (raw)	132 mg
Mango, ½ cup	128 mg
Papaya, ½ cup	180 mg
Peaches (canned/raw), ½ cup	160 mg
Pineapple (canned)	152 mg
Pineapple (raw), ½ cup	88 mg
Plum	114 mg
Raspberries (raw), ½ cup	94 mg
Strawberries (raw), ½ cup	138 mg
Tangerine (raw)	132 mg
Watermelon (raw), ½ cup	176 mg

Vegetables

Beets (canned), ½ cup	126 mg
Broccoli (raw), ½ cup	143 mg
Cabbage (green, raw), ½ cup	86 mg
Carrots (raw), ½ cup	178 mg
Cauliflower (cooked), ½ cup	115 mg
Celery (raw), ½ cup	172 mg
Corn (creamed), ½ cup	171 mg
Corn (frozen), ½ cup	121 mg
Cucumber (with peel), ½ cup	75 mg
Eggplant (cooked), ½ cup	123 mg
Green Beans, ½ cup	85 mg
Green Pepper, ½ cup	132 mg
Lettuce, ½ cup	43 mg
Mushrooms (raw), ½ cup	130 mg
Onion (raw), ½ cup	126 mg
Peas (canned), ½ cup	148 mg
Spinach (raw), ½ cup	84 mg
Summer Squash (cooked), ½ cup	173 mg
Yellow Beans, ½ cup	85 mg

Other

American Cheese, 1 oz	69 mg
Apple Juice, ½ cup	148 mg
Apple Pie, ⅛ pie	122 mg
Bagel (plain), 3½"	72 mg
Blueberry Muffin, small	70 mg
Bread (wheat or white, sliced)	50 mg
Cashews, 1 oz	160 mg
Cheddar Cheese, 1 oz	28 mg
Cherry Pie, ⅛ pie	139 mg
Chocolate Bar, 1½ oz	169 mg
Chocolate Cake, 2x2"	126 mg
Chocolate Chip Cookie	36 mg
Chocolate Ice Cream, ½ cup	164 mg
Coffee, 1 cup	128 mg
Cola, 12 fl oz	4 mg
Cornbread, 2x2"	96 mg
Cottage Cheese, ½ cup	97 mg
Crackers, 4	15 mg
Cranberry Juice, ½ cup	23 mg
Cream Cheese, 1 oz	17 mg
Egg, 1	70 mg
Grape Juice, ½ cup	26 mg
Grits, 1 cup	51 mg
Ground Beef (lean), 3 oz	135 mg
Lemon/Lime Soda, 12 fl oz	4 mg
Low-fat Milk (1%), ½ cup	190 mg
Pancake (buttermilk), small	55 mg
Pasta (cooked), ½ cup	45 mg
Peanut Butter, 1 tbsp	115 mg
Pecan Pie, ⅛ pie	162 mg
Pineapple Juice, ½ cup	168 mg
Popcorn, 1 cup	25 mg
Roast Beef, 3 oz	150 mg
Shrimp, 3 oz	155 mg
Tea, 1 cup	88 mg
Tortilla (corn or flour)	41 mg
Vanilla Ice Cream, ½ cup	131 mg
Walnuts, 1 oz	125 mg
Wheat Bran Muffin, small	60 mg
White Rice (cooked), ½ cup	33 mg
Whole Milk, ½ cup	185 mg

Diet changes alone may not be enough to manage high potassium. Talk with your healthcare provider today about all the ways you can manage your high potassium, and visit highpotassium.com to learn more.

*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.

Source: Department of Veterans Affairs