



Significant Food Sources of Potassium

Potassium is important in the regulation of fluid balance in the body. It is also essential for cardiovascular health, proper kidney, adrenal, and muscle activity, and efficient nerve transmission. In fact, it is used in most bodily functions. Diuretics increase the excretion of potassium, disrupting the body's ratio of potassium to sodium, which is needed for normal functions of the processes mentioned above.

The RDA for potassium is 0.8 to 5.0 grams per day, depending on activity and fluid loss levels. It is not difficult to ingest adequate amounts of potassium from fruit and vegetable sources.

| | Amount | Milligrams |
|---|---------------|-------------------|
| Vegetables, cooked (unless otherwise indicated) | | |
| Avocado | 1 medium | 1280 |
| Tomato sauce | 1 cup | 1051 |
| Potato | 1 medium | 727 |
| Broccoli | 1 cup | 455 |
| Squash, winter | ½ cup | 445 |
| Sweet potato | 1 medium | 397 |
| Cauliflower, raw | 1 cup | 378 |
| Artichoke | 1 medium | 316 |
| Green beans | 1 cup | 300 |
| Broccoli, raw | 1 cup | 286 |
| Parsnips | ½ cup | 286 |
| Spinach | 1 cup | 284 |
| Pumpkin | ½ cup | 281 |
| Mushrooms | ½ cup | 277 |
| Tomato, raw | 1 medium | 254 |
| Eggplant | 1 cup | 238 |
| Asparagus | 4 spears | 186 |

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| Mushrooms, raw | ½ cup | 178 |
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| Cauliflower | 1 cup | 176 |
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| Mustard greens | ½ cup | 141 |
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|-------------|---------|-----|
| Celery, raw | 1 stalk | 114 |
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Beans

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| Lima, boiled | ½ cup | 365 |
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| Soy | ½ cup | 443 |
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| Pinto | ½ cup | 400 |
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| Great northern | ½ cup | 346 |
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| Kidney | ½ cup | 178 |
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Fruits

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| Figs, dried | 5 medium | 665 |
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| Cantaloupe | 1 cup | 494 |
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| Banana | 1 medium | 451 |
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| Prune juice | ½ cup | 353 |
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| Prunes | 5 medium | 313 |
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| Nectarine | 1 medium | 288 |
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| Raisins | ¼ cup | 545 |
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| Kiwi fruit | 1 medium | 252 |
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| Orange | 1 medium | 250 |
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| Orange juice | ½ cup | 248 |
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| Apricots, dried | 5 halves | 241 |
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| Watermelon | 1 cup | 186 |
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| Apple | 1 medium | 182 |
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| Peach | 1 medium | 171 |
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| Grapefruit | 1 medium | 167 |
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| Cherries | ¼ cup | 152 |
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| Blackberries | ½ cup | 141 |
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| Strawberries | ½ cup | 124 |
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| Raspberries | ½ cup | 94 |
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Educational Program

How many calories do
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To keep
Your cells healthy

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