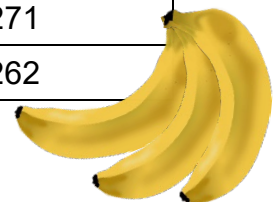


## Food Sources of Potassium

Food	Serving Size	Amount (mg)
Beet Greens	1 cup	1308
Swiss Chard	1 cup	960
Lima Beans	1 cup	955
Sweet Potato	1 cup	950
Red Potato	1 medium (173g)	934
Spinach	1 cup	838
Lentils, cooked	1 cup	731
Plantain, yellow	1 cup sliced	721
Bok Choy	1 cup	630
Tuna	4 oz	597
Beets	1 cup	518
Papaya	1 medium	502
Winter Squash	1 cup	494
Brussels Sprouts	1 cup	494
Broccoli	1 cup	457
Cantaloupe	1 cup	427
Tomatoes	1 cup	426
Banana	1 medium	422
Asparagus	1 cup	403
Cabbage	1 cup	393
Carrots	1 cup	390
Prunes	¼ cup	349
Summer Squash	1 cup	345
Avocado	½ (68g)	345
Dried Apricots	1/4 cup	330
Mushrooms, Crimini	1 cup	322
Kale	1 cup	296
Turnip Greens	1 cup	292
Cocoa powder, Dutch processed	2 Tbsp	271
Celery	1 cup	262



Sources: USDA Nutrient Database and whfoods.org  
Revised 02/2019