
POTASSIUM CONTENT OF COMMON FOODS HIGH (over 200 mg per serving)

PROTEIN

3 oz.	Beef
3 oz.	Chicken
3 oz.	Pork
3 oz.	Fish
3 oz.	Scallop
½ c.	Dried Beans
2 Tb.	Peanut Butter

MILK

8 oz.	Milk
8 oz.	Soy Milk

FRUIT JUICE

4 oz.	Grapefruit juice
4 oz.	Orange juice
4 oz.	Prune juice

VEGETABLE

½ c.	Fresh bamboo shoots
½ c.	Broccoli
½ c.	Choy Sum
½ c.	Bittermelon
½ c.	Lotus root
½ c.	Pumpkin
½ c.	Spinach
½ c.	Swamp cabbage
½ c.	Watercress
1 sm.	Tomato
1 med.	Potato
1 med.	Sweet Potato
2 – 3 sm.	Taro

FRUIT

¼	Avocado
3 sm.	Apricots
1 sm.	Banana
½ c.	Cantaloupe
5	Dates, dried
½ c.	Durian
2	Figs, dried
½ c.	Honeydew
1 med.	Guava
1	Kiwi
5	Loquats
1 sm.	Mango
1 sm.	Nectarine
1 med.	Orange
½ c.	Papaya
5	Prunes
½	Pomegranate
1 sm.	Persimmon
¼ c.	Raisins

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