

## POTASSIUM CONTENT OF COMMON FOODS

Medium to Low (less than 200 mg per serving)

### PROTEIN

25 Peanuts  
1 med. Egg  
4 oz Tofu

### STARCH

1c. White rice, cooked  
1c. Spaghetti/Noodles, cooked  
1c. Oatmeal, cooked  
1 sl. Bread  
10 Soda Crackers

### FRUIT JUICE

4 oz. Apple juice  
4 oz. Cranberry Juice  
4 oz. Grape juice  
4 oz. Pineapple juice

### FRUIT

1 sm. Apple  
10 sm. Cherries  
½ sm. Grapefruit  
10 sm. Grapes  
5 Longans  
5 Lychees  
1 sm. Peach  
1 sm. Plum  
1 sm. Pear  
½ c. Pineapple  
½ c. Strawberries  
1 sm. Tangerine  
½ c. Watermelon

### VEGETABLES

½ c. Asparagus  
½ c. Bok Choy  
½ c. Bamboo shoots, canned  
½ c. Bean Sprouts  
½ c. Carrots  
½ c. Cauliflower  
½ c. Celery  
½ c. Corn  
½ c. Cabbage  
½ c. Eggplant  
½ c. Green beans  
½ c. Green peppers  
½ c. Green peas  
½ c. Lettuce  
½ c. Mushroom  
½ c. Chinese Mushroom  
½ c. Chinese Wintermelon  
½ c. Summer squash  
½ c. Radish (turnip)

✓ Persons on a potassium restricted diet should limit their daily intake to less than 2,000 mg.