POTASSIUM CONTENT OF COMMON FOODS
Medium to Low (less than 200 mg per serving)

**PROTEIN**
- 25 Peanuts
- 1 med. Egg
- 4 oz Tofu

**STARCH**
- 1 c. White rice, cooked
- 1 c. Spaghetti/Noodles, cooked
- 1 c. 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.