



Potassium Rich Foods

The suggested adequate intake (AI) of potassium to prevent disease in adults is 4,700 mg daily. It is more effective to obtain potassium from your diet than it is from supplements, as most supplements only contain low doses of this abundant mineral.

Food	Serving	Potassium (mg)
Beet greens, steamed	1 cup	1309
Dates, deglet	1 cup	1168
Potato, baked with skin	1 large	1081
Halibut, cooked	½ fillet	916
Squash, winter cooked	1 cup	896
Papaya, raw	1 medium	781
Pinto beans, cooked	1 cup	746
Lentils, cooked	1 cup	731
Yam, cooked with skin	1 large	694
Refried beans, canned	1 cup	673
Potato, baked without skin	1 large	610
Tomato paste	¼ cup	664
Prunes, dried	1/2 cup	633
Black beans, cooked	1 cup	611
Raisins	1/2 cup	598
Salmon, cooked	½ fillet	581
Parsnips, boiled	1 cup	573
Mushrooms, cooked	1 cup	555
Rutabaga, cooked	1 cup	554
Yogurt, plain low-fat	8 ounces	531
Prune juice	6 fluid ounces	530
Banana	1 medium	467
Acorn squash, cooked	1/2 cup (cubes)	448
Artichoke, cooked	1 medium	425
Spinach, cooked	1/2 cup	419
Molasses	1 tablespoon	293
Tomato	1 medium	273
Sunflower seeds	1 ounce	241
Orange	1 medium	237
Almonds	1 ounce	211

Sources: Linus Pauling Institute Micronutrient Database; USDA National Nutrient Database for Standard Reference, Release 18