



POTASSIUM ENRICHED FOODS



<u>FOOD</u>	<u>PORTION</u>	<u>POTASSIUM</u>
One papaya	1 Whole	781mg
Prune juice	1Cup	707mg
Cubed cantaloupe	1 Cup	494mg
Diced Honeydew Melon	1Cup	461mg
Banana	1Whole	467mg
Mango	1 Medium	323mg
Orange juice	½ Cup	236mg
Pear	1 Medium	208mg
Orange	1 Small	237mg
Peach	1 Medium	193mg
Watermelon	1 Cup	176mg
Apple juice	½ Cup	147mg
Small Apple	1 Whole	159mg
Canned Peaches	½ Cup	158mg
Canned Pineapple	½ Cup	152mg
Fresh sliced Strawberries	½ Cup	138mg
Mandarin oranges	½ Cup	98mg
Grapes	10 Small	93mg
Un-sweetened applesauce	½ Cup	78mg
Fresh Blueberries	½ Cup	63mg
Apricots, dried	10 Halves	407mg
Avocados, raw	1 Ounce	180mg
Bananas, raw	1 Cup	594mg
Beets, cooked	1 Cup	519mg
Brussel sprouts, cooked	1 Cup	504mg
Cantaloupe	1 Cup	494mg
Dates, dry	5 Dates	271mg
Figs, dry	2 Figs	271mg
Kiwi fruit, raw	1 Medium	252mg
Lima beans	1 Cup	955mg
Melons, honeydew	1 Cup	461mg
Milk, fat free or skim	1 Cup	407mg
Nectarines	1 Whole	288mg
Flounder	3oz	498mg
Salmon filet, fresh	3oz	378mg
Great Northern Beans, cooked	½ Cup	374mg
Peanuts dry roasted, unsalted	1 Ounce	187mg
Potatoes, baked,	1 Whole	1081mg
Sardines, Atlantic drained solids	3oz	501mg
Prunes, dried	1 Cup	828mg
Raisins	1 Cup	1089mg
Spinach, cooked	1 Cup	839mg
Tomato products, canned sauce	1 Cup	909mg
Winter squash	1 Cup	896mg
Cod	3oz	345mg
Beef Liver	3oz	323mg
Tuna, drained	3oz	225mg
Round steak, trimmed	3oz	298mg
Haddock	3oz	297mg