

HIGH POTASSIUM FOODS (≥251 mg per serving)



CAUTION: Limit or Avoid. Portion size is key! These foods can quickly raise potassium levels. Values based on AKF guidelines.

 Fruits & Juices (serving size → K+)	 Vegetables (serving size → K+)  (Big 3: Potatoes, Tomatoes, Cooked Greens)	 Protein (serving size → K+) 
<ul style="list-style-type: none"> • Banana 1 medium → 422 mg • Cantaloupe 1 cup diced → 417 mg • Honeydew 1 cup diced → 388 mg • Nectarine 1 medium → 285 mg • Papaya, 1 cup → 264 mg • Passionfruit (purple) ½ cup → 411 mg • Persimmon (Japanese) 1 fruit → 270 mg • Plantain (green, fried) ½ cup → 285 mg • Pomegranate 1 fruit → 666 mg • Raisins, ½ cup → 540 mg • Prune juice, ½ cup → 354 mg 	<ul style="list-style-type: none"> • Artichoke (raw) 1 medium → 474 mg • Avocado ½ avocado → 488 mg • Beet greens (cooked) ½ cup → 654 mg • Chinese cabbage (cooked) ½ cup → 316 mg • Kohlrabi (cooked), ½ cup → 281 mg • Parsnips ½ cup → 286 mg • Pumpkin (canned) ½ cup → 253 mg • Spinach (cooked), ½ cup → 420 mg • Potatoes: baked 610–926 mg boiled 515 mg, fries 270 mg mashed 298 mg (per listed servings) • Tomatoes: juice 264 mg paste 669 mg, sauce 455 mg 	<ul style="list-style-type: none"> • Edamame/soybeans ½ cup → 338 mg • Lentils ½ cup → 366 mg • Canned beans (e.g., black, Great Northern, lima, refried) ½ cup/can → 370–485 mg • Ground beef (80% lean) 3 oz → 285 mg • Turkey (light/dark) 3 oz → 264 mg • Pork loin/chop (bone-in) 1 chop → 540 mg • Pistachios 1 oz → 285 mg • Haddock 1 fillet → 526 mg
Dairy (serving size → K+) 	Cereals (serving size → K+) 	Processed Foods, Snacks, Soups (serving size → K+) 
<ul style="list-style-type: none"> • Ricotta ½ cup → 272 mg • Evaporated milk ½ cup → 382 mg • Condensed milk ½ cup → 570 mg • Yogurt (plain, low-fat) 6 oz → 398 mg 	<ul style="list-style-type: none"> • All-Bran 1 cup → 632 mg • Granola (w/ oats/wheat/honey/raisins) ½ cup → 256 mg • Raisin Bran® 1 cup → 398 mg • Oat bran muffin 1 medium → 573 mg 	<ul style="list-style-type: none"> • Chili (with beans) 1 cup → 934 mg • Cheeseburger (plain, single) 1 burger → 382 mg • Potato chips 1 oz → 336–494 mg (varies) • Trail mix, ½ cup → 515 mg • Soups (e.g., minestrone, split pea, tomato), 1 cup → 313–682 mg

⚠️ SNEAKY POTASSIUM TRAPS! ⚠️

- **Salt Substitutes / “Lite Salt” (Potassium Chloride):** Can be massive loads (~800 mg K+ per ¼ tsp).
- **“Low-Sodium” Processed Foods & Some Soups:** May swap sodium for potassium chloride. Check labels carefully!

* Individual needs vary. Consult your healthcare provider or renal dietitian for personalized advice.