

Top Potassium-Rich Foods Shopping List

With amount of potassium per 100 g of each food unless noted otherwise

Protein

- ☐ Sardines
397 mg
- ☐ Chicken breast
391 mg
- ☐ Atlantic salmon
384 mg
- ☐ Lean ground beef
318 mg

Dairy

- ☐ Plain yogurt (1 cup)
380 mg
- ☐ Milk (1 cup)
366 mg

Nuts

- ☐ Peanuts
634 mg

Fruit

- ☐ Dried apricots
1,162 mg
- ☐ Avocado (1 medium)
975 mg
- ☐ Raisins
744 mg
- ☐ Prunes
732 mg

- ☐ Medjool dates
696 mg
- ☐ Pomegranate (1 medium)
666 mg
- ☐ Acorn squash
437 mg
- ☐ Tomato (1 large)
431 mg
- ☐ Banana (1 medium)
422 mg
- ☐ Nectarine or peach
(1 medium)
285 mg
- ☐ Cantaloupe
267 mg
- ☐ Orange (1 medium)
237 mg
- ☐ Honeydew melon
228 mg
- ☐ Kiwifruit (1 medium)
215 mg

Vegetables

- ☐ Potato (1 medium)
941 mg
- ☐ Spinach
558 mg
- ☐ Sweet potato (1 medium)
542 mg
- ☐ Soybeans
512 mg

- ☐ Lima beans
508 mg
- ☐ Kidney beans
433 mg
- ☐ Brussels sprouts
389 mg
- ☐ Mustard greens
384 mg
- ☐ Lentils
369 mg
- ☐ Kale
348 mg
- ☐ Beets
325 mg
- ☐ White mushrooms
318 mg
- ☐ Broccoli
316 mg

Misc

- ☐ Coconut water (1 cup)
600 mg

Avoid

- Excess salt
- Processed sugar
- Refined and processed foods
- Excess alcohol

Choose

- Organic and non-GMO produce whenever possible
- Wild-caught seafood whenever possible