



LOW SALT – HIGH POTASSIUM FOODS

FOOD	SERVING SIZE	POTASSIUM (mg.) *	SODIUM (mg.) †
Apricots	3 medium	281	1
Apricots (dried)	8 halves	490	13
Asparagus	6 spears	278	2
Avocado	½ medium	604	4
Banana	1 medium	569	1
Beans (white, cooked)	½ cup	416	7
Beans (green)	1 cup	189	5
Broccoli	1 stalk	267	10
Cantaloupe	¼ medium	251	12
Carrots	2 small	341	47
Dates	10 medium	648	1
Grapefruit	½ medium	135	1
Mushrooms	4 large	414	15
Orange	1 medium	311	2
Orange Juice	1 cup	496	3
Peach	1 medium	202	1
Peanuts (plain)	2 ½ oz.	740	2
Potato	1 medium	504	4
Prunes (dried)	8 large	940	11
Raisins	¼ medium	271	10
Spinach	½ cup	291	45
Squash (acorn)	½ baked	749	2
Sunflower seeds	3 ½ oz.	920	30
Sweet potato	1 small	367	15
Tomato	1 small	244	3
Watermelon	1 slice (6 ½ in.)	600	6

* 1000 mg. = mmol.

† 1000 mg. = 44 mmol.