

## Foods with potassium

Sometimes the amount of potassium your child gets in his diet needs to be watched. Please increase/decrease the potassium your child eats by encouraging/avoiding these foods.

The following are foods with a high level of potassium. Eat \_\_\_\_ servings of these foods each day.

Food	Potassium (mg)
Apricots, dried	895
Avocado	645
Banana	451
Bitter chocolate	290
Bran cereal	261
Buttermilk	371
Cantaloupe	413
Chard	483
Cooked dried peas, beans, lentils	755
Dates	581
Figs	666
Honeydew melon	875
Milk, 8 oz	390
Molasses	498
Nectarine	288
Orange	237
Orange juice	248
Papaya	390

Food	Potassium (mg)
Potato	844
Prune juice	707
Prunes	365
Pumpkin	253
Raisins	545
Spinach	154
Sunflower seeds	200
Sweet potato	397
Tofu	299
Tomato	273
Tomato juice	400
Tomato sauce	453
Vegetable juice	351
Watermelon	186
Wheat bran/germ	355
Winter squash	448
Yogurt	350

*This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.*

# Do you know... *continued*

## Foods with potassium

The following are foods with a medium level of potassium. Eat \_\_\_\_ servings of these foods each day.

Food	Potassium (mg)
Apple juice, 4 oz	148
Asparagus	196
Beets	126
Broccoli	127
Carrots	177
Cauliflower	178
Celery	171
Cocoa powder, 2 Tbsp	202
Corn	204
Eggplant	119
Grape juice, 4 oz	53
Grapefruit, 1/2 medium	165
Grapefruit juice, 4 oz	140
Ice cream, 1/2 cup	131
Kiwi fruit, 1 medium	252
Milk, 4 oz	195
Mushrooms	130
Nuts, 1 oz	150
Okra	257
Peach, 1 medium	165
Peanut butter, 2 Tbsp	119
Peanuts, 25 small	187
Pear, 1 medium	208
Pineapple juice, 4 oz	170
Raw cabbage	154
Ricotta cheese, 1/2 cup	155

Food	Potassium (mg)
Turnip/mustard greens	165
Zucchini squash	173

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