

Potassium mg

1724	Tomato paste, Full Circle organic Quantity: 6oz can	299	Kale greens, raw Quantity: 1 cup chopped 67g
1546	Lettuce, romaine, raw Quantity: 1 head, 626g	296	Turnip greens, raw Quantity: 2 cups 100g
1067	Avocado (green), Florida raw Quantity: 1 fruit 304g	292	Tomato, raw Quantity: 1 medium 123g
1030	Pumpkin: canned Quantity: 15oz 425g	290	Pistachio nuts, raw Quantity: 49 nuts 28g
975	Cauliflower, green, raw Quantity: small head 325g	288	Broccoli, raw chopped Quantity: 1 cup 91g
952	Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173g	287	Pepper, sweet green raw Quantity: 1 large 164g
943	Potato, Red (cooked) with skin no salt Quantity: 1 medium 173g	285	Honeydew melon, raw Quantity: 1/8 of 5"melon
934	Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g	285	Nectarine, raw Quantity: 1 medium 142g
902	Tomatoes, canned diced, no salt added Quantity: 14.5oz can	285	Peach, raw Quantity: 1 medium 150g
803	Cauliflower, white, raw Quantity: 1 small, 265g	285	Edamame, organic, frozen whole pods Quantity: 1/2 cup 113g
731	Legumes, lentils, cooked Quantity: 1 cup 198g	284	Kiwi fruit, raw (without skin) Quantity: 1 large 91g
713	Legumes, red kidney beans, cooked Quantity: 1 cup 177g	277	Spelt, cooked Quantity: 1 cup
708	Legumes, navy beans, cooked Quantity: 1 cup 182g	276	Turnip, cooked Quantity: 1 cup cubes 156g
692	Flour, buckwheat Quantity: 1 cup 120g	271	Turkey Sausage, lean, sweet Quantity: 1 link 91g
692	Legumes, great northern beans, cooked Quantity: 1 cup 177g	252	Beets, canned slices Quantity: 1 cup 170g
689	Avocado (black), California raw Quantity: 1 fruit 201g	250	Orange, Cara Cara Quantity: 1 medium 154g
666	Pomegranate, raw Quantity: 4" 282g	248	Orange Juice, raw Quantity: 1/2 cup 4oz
636	Flour, quinoa Quantity: 1 cup	233	Turnip, raw Quantity: 1 medium 122g
611	Legumes, black beans, cooked Quantity: 1 cup 172g	232	Orange, navel Quantity: 1 medium
587	Parsnip, cooked Quantity: 1 (9"long) 160g	230	Green beans, raw Quantity: 20 beans 1 cup 110g
582	Squash butternut (winter), cooked no salt Quantity: 1 cup cubed 205g	230	Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g
560	Yeast, regular Quantity: 1oz 28g	228	Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g
548	Jicama (yambean), raw Quantity: 1 small 365g	226	Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63g
546	Strawberries, raw organic Quantity: 1 pint 357g	225	Strawberries, raw organic Quantity: 8 medium 147g
541	Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114g	221	Turkey, ground 93/7 lean Quantity: 4oz
540	Spinach, frozen, organic Quantity: 1 cup	221	Turkey, ground breast 99% lean Quantity: 4oz
540	Yogurt, organic plain nonfat Quantity: 1 cup 227g	220	Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g
534	Avocado (green), Florida raw Quantity: 1/2 fruit 152g	218	Corn, sweet, yellow cooked Quantity: medium ear 103g
522	Broccoli, frozen Green Giant Steamers Quantity: 2 cups	218	Plums, dried Sun-maid Quantity: 3 pitted 28g
514	Squash zucchini (summer) Quantity: 1 medium	216	Cabbage, red, raw, chopped Quantity: 1 cup 89g
510	Yogurt, organic plain lowfat Quantity: 1 cup 227g	212	Pear, raw Quantity: 1 medium 178g
499	Parsnip, raw Quantity: 1 cup slices, 133g	211	Blackberries, frozen Quantity: 1 cup 151g
486	Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120g	208	Peanut butter, creamy organic Quantity: 2 Tbsp
484	Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113g	205	Peas, frozen Quantity: 1 cup 134g
474	Spinach, baby raw Quantity: 2 cups 85g	205	Prunes, raw Quantity: 3 whole 28g
469	Tomato Juice, V8 Quantity: 1 cup 243g	202	Legumes, dark red kidney beans, canned Quantity: 1/2 cup 130g
469	Tomato Juice, V8 low sodium Quantity: 1 cup	202	Asparagus, spears Quantity: 6, 7"spears 100g
457	Flour, barley Quantity: 1 cup 148g	201	Tuna, pouch in water, chunk light low sodium Quantity: 3 oz 85g
457	Flour, brown rice Quantity: 1 cup 158g	200	Almonds, raw whole Quantity: 24 nuts 28g
443	Milk, 1% fat organic Quantity: 1 cup 246g	200	Dates, Medjool, California Quantity: 2 dates 46g
442	Cucumber, raw with peel Quantity: 8" whole 301g	195	Apple, raw organic Quantity: 1 medium
423	Spinach, canned, no salt added Quantity: 1/2 cup 115g	195	Carrot, raw Quantity: 1 medium 61g
422	Banana, whole Quantity: 1 medium 118g	195	Raisins Quantity: 50 whole 26g
417	Cantaloupe, raw organic Quantity: 1/4 medium 138g	192	Cauliflower, green, raw Quantity: 1 cup 64g
407	Legumes, black beans, canned Quantity: 1/2 cup 130g	186	Brazil Nuts, raw Quantity: 6 nuts 28g
394	Pepper, sweet yellow or orange raw Quantity: 1 large 186g	186	Raspberries, raw Quantity: 1 cup 123g
391	Papaya, raw Quantity: 1 small 152g	185	Cashews, raw whole Quantity: 1oz 28g
390	Mushrooms, brown, whole Quantity: 1 cup 87g	181	Applesauce, unsweetened Quantity: 1 cup 244g
389	Corn, yellow frozen, microwaved Quantity: 1 cup 141g	181	Squash spaghetti, cooked no salt Quantity: 1 cup 155g
380	Tilapia, cooked dry heat Quantity: 4oz 100g	181	Sunflower seeds: whole, dried Quantity: 1oz 28g
370	Buttermilk, low fat cultured Quantity: 1 cup 245g	180	Jicama (yambean), raw Quantity: 1 cup slices 120g
362	Banana, whole Quantity: 1 small 101g	180	Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g
354	Peas green, raw Quantity: 1 cup 145g	180	Pineapple, raw Quantity: 1 cup chunks 165g
353	Tomato cherry, raw Quantity: 5 whole 1 cup	176	Bok Choy, raw, shredded Quantity: 1 cup 70g
346	Beef, ground round 85% lean (cooked) Quantity: 3oz 85g	170	Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup
346	Pepper, sweet red raw Quantity: 1 large 164g	170	Cabbage, red, raw, shredded Quantity: 1 cup 70g
345	Avocado (black), California raw Quantity: 1/2 fruit 100g	170	Turmeric, ground Quantity: 1 Tbsp
342	Brussels sprouts Quantity: 3 whole, 88g	167	Oats, rolled, quick organic Quantity: 1/2 cup 40g
332	Parsley, raw Quantity: 1 cup 60g	166	Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230g
323	Mango, raw Quantity: 1 fruit 207g	164	Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14g
320	Beef, ground beef 95% lean (cooked) Quantity: 3oz 85g	161	Onion, yellow, raw Quantity: 1 medium
320	Watermelon, raw Quantity: 1 wedge, 1/16 melon	160	Leeks, raw Quantity: 1 leek 89g
318	Quinoa Quantity: 1/4 cup 46g	159	Apple, raw organic Quantity: 1 small 149g
309	Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85g	158	Paprika Quantity: 1 Tbsp 7g
305	Beets, cooked Quantity: 2 beets 100g	156	Cherries, sweet, raw Quantity: 9 whole 70g
305	Mushrooms, portabella caps Quantity: 3 caps 100g	155	Bean Sprouts, mung Quantity: 1 cup 104g
305	Mushrooms, white, whole Quantity: 1 cup 96g	155	Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g
303	Cauliflower, white, raw Quantity: 1 cup 100g	149	Figs, raw Quantity: 1 large 64g
301	Chicken, breast tenderloins boneless skinless Quantity: 112g	146	Tangerines, (mandarin oranges) raw Quantity: 1 medium 88g
301	Milk, fat free Quantity: 1 cup 246g	144	Chili powder, ground Quantity: 1 Tbsp
300	Bison Burger (cooked) Quantity: 3oz 85g	143	Tarragon, ground Quantity: 1 Tbsp 5g

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138	Lettuce, romaine hearts organic Quantity: 2 leafs 3oz
136	Peas, sugar snap, raw Quantity: 20 pods 68g
129	Tofu, organic extra firm Quantity: 1 slice 84g
125	Walnuts, raw unsalted Quantity: 5 whole 28g
125	Wheat Germ, raw Quantity: 2 Tbsp 16g
123	Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g
122	Eggplant, cooked, boiled, drained, without salt Quantity: 1 cup 99g
121	Almond Butter Quantity: 1 Tbsp
116	Oat Bran, organic Quantity: 1/4 cup 40g
116	Pecans, raw unsalted Quantity: 19 halves 28g
114	Blueberries, raw organic Quantity: 1 cup 148g
110	Turkey, sausage links 90/10 lean, Jennie-O Quantity: 2 links 56g
107	Cumin, seed Quantity: 1 Tbsp
106	Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g
104	Celery, organic Quantity: medium stalk 40g
104	Macadamia nuts, raw Quantity: 12 nuts 28g
103	Rice, brown long grain organic Quantity: 1/4 cup 45g
102	Onion, yellow, raw Quantity: 1 small
100	Dates, Medjool, California Quantity: 1 date 23g
100	Ginger root, raw Quantity: 1/4 cup sliced 24g
99	Dill weed, dried Quantity: 1 Tbsp
98	Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz
97	Fennel Seed Quantity: 1 Tbsp
97	Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g
95	Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g
94	Grapes, raw seedless (red or purple) Quantity: 10 whole 49g
93	Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56g
88	Caraway seed Quantity: 1 Tbsp 6g
85	Cranberries, raw Quantity: 1 cup 100g
84	Blueberries, unsweetened frozen Quantity: 1 cup 155g
83	Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp
82	Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7g
80	Cocoa, Hershey's unsweetened Quantity: 1 Tbsp
80	Lemon, raw Quantity: 1 small 58g
79	Black Pepper Quantity: 1 Tbsp 6g
78	Cilantro Quantity: 1 Tbsp 2g
75	Mustard Seed, yellow Quantity: 1 Tbsp 11g
72	Garlic, raw organic Quantity: 6 cloves 18g
72	Cloves, ground Quantity: 1 Tbsp
71	Ginger, ground Quantity: 1 Tbsp 5g
69	Bread, Whole Grain Sandwich Thins Quantity: 2 slices
69	Bread, Whole Grain, Pepperidge Farm double fiber Quantity: 1 slice, 43g
69	Basil, dried leaves Quantity: 1 Tbsp 2g
68	Lime, raw Quantity: 1 small 67g
67	Eggs, organic Quantity: 1 large
67	Almonds, raw whole Quantity: 8 nuts 9g
65	Peach, frozen slices organic Quantity: 3/4 cup 140g
63	Allspice Quantity: 1 Tbsp 5g
60	Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz
59	Sour Cream, light Quantity: 1oz 28g
57	Parsley Quantity: 1 Tbsp 2g
54	Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g
50	Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed
46	Ginger root, raw Quantity: 5 slices (1" diam) 11g
42	Sesame seeds, whole, dried Quantity: 1 Tbsp 9g
40	Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup
40	Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20g
36	Garlic, raw organic Quantity: 3 cloves 9g
36	Sour Cream, fat free Quantity: 1oz 28g
35	Thyme, ground Quantity: 1 Tbsp
34	Lemon grass (citronella), raw Quantity: 1 Tbsp 5g
33	Cinnamon, ground Quantity: 1 Tbsp
31	Onion, green raw Quantity: 1 stalk 12g
31	Rosemary, dried Quantity: 1 Tbsp 3g
29	Oregano, dried Quantity: 1 tsp
26	Bean Sprouts, alfalfa Quantity: 1 cup 33g
25	Nutmeg, ground Quantity: 1 Tbsp
23	Marjoram, dried Quantity: 1 Tbsp 2g
22	Swiss Cheese Quantity: 1 slice, 1oz, 28g
21	Sage, ground Quantity: 1 Tbsp
21	Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed

21	Tea, Green organic 30mg caffeine Quantity: 1 bag 2g
21	Pasta, Spinach (cooked) Quantity: 2oz 56g
20	Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2g
20	Butter, unsalted Quantity: 2 Tbsp 28g
16	Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g
12	Garlic, raw organic Quantity: 1 clove 3g
12	Olives, green canned Quantity: 14 whole 28g
10	Salmon, frozen wild keta (Pacific) Quantity: 4oz 113g
10	Butter, unsalted Quantity: 1 Tbsp 7g
9	Bay Leaf Quantity: 1 Tbsp
9	Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2g
7	Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2g
4	Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp
4	Pasta, Capellini 100% whole wheat Quantity: 2oz 56g
4	Pasta, Rotini 100% whole wheat Quantity: 2oz 56g
2	Olives, ripe canned Quantity: 7 large 28g