

Potassium Content of Selected Vegetables

High Potassium (201 – 350+ mg)		
Food	Serving	Potassium (mg)
artichoke, cooked	½ cup (125 mL)	298
avocado	¼ of whole	274
bamboo shoots, cooked	½ cup (125 mL)	320
beet greens	¼ cup (60 mL)	327
beets	½ cup (125 mL)	266
brussel sprouts	½ cup (125 mL)	247
celery, cooked	½ cup (125 mL)	213
chard, cooked	½ cup (125 mL)	483
Chinese cabbage, cooked	½ cup (125 mL)	316
kohlrabi	½ cup (125 mL)	281
mushrooms, cooked	½ cup (125 mL)	277
okra	½ cup (125 mL)	257
parsnips	½ cup (125 mL)	287
potato, boiled or mashed	½ cup (125 mL)	256
potato, baked	½ medium	305
potato chips	14 medium (30 g)	387
pumpkin	½ cup (125 mL)	253
spinach, cooked	½ cup (125 mL)	283
sweet potato	½ cup (125 mL)	398
tomato	1 medium	292
tomato juice	½ cup (125 mL)	278
tomato paste or puree	2 tbsp (30 mL)	332
tomato sauce	¼ cup (60mL)	203
vegetable juice	½ cup (125mL)	256
winter squash	¼ cup (60mL)	224

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Copyright 2007 Dietitians of Canada. All rights reserved.
May be reproduced in its entirety provided source is acknowledged.
www.dietitians.ca

Medium Potassium (101 – 200 mg)

Food	Serving	Potassium (mg)
asparagus	4 spears	134
broccoli, raw	½ cup (125 mL)	166
cabbage, cooked	½ cup (125 mL)	154
carrots, raw	1 small	200
carrot, cooked	½ cup (125 mL)	177
cauliflower, cooked	½ cup (125 mL)	200
celery, raw	1 stalk	104
collards	½ cup (125 mL)	110
corn	1 ear	192
eggplant, cooked	½ cup (125 mL)	119
kale	½ cup (125 mL)	148
mushrooms, canned or raw	½ cup (125 mL)	100
mustard greens	½ cup (125 mL)	142
onions	½ cup (125 mL)	175
peas, green	½ cup (125 mL)	134
radishes	½ cup (125 mL)	140
sauerkraut	½ cup (125 mL)	200
snow peas	½ cup (125 mL)	160
spinach, raw	½ cup (125 mL)	156
squash, summer	½ cup (125 mL)	173
turnip greens	½ cup (125 mL)	146
turnips	½ cup (125 mL)	138

Low Potassium (0 – 100 mg)

Food	Serving	Potassium (mg)
alfalfa sprouts	½ cup (125 mL)	13
bamboo shoots, canned	½ cup (125 mL)	53
beans, green or wax	½ cup (125 mL)	85
cabbage, raw	½ cup (125 mL)	86
chinese cabbage, raw	½ cup (125 mL)	83
cucumber, peeled	½ cup (125 mL)	81

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Copyright 2007 Dietitians of Canada. All rights reserved.
May be reproduced in its entirety provided source is acknowledged.
www.dietitians.ca

lettuce, all varieties	1 cup (250 mL)	80
sweet pepper, green	½ cup (125 mL)	89
water chestnuts, canned	½ cup (125 mL)	82
watercress	½ cup (125 mL)	56

Notes



Distributed by:

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

Copyright 2007 Dietitians of Canada. All rights reserved.
May be reproduced in its entirety provided source is acknowledged.
www.dietitians.ca