

Chief Sources of **POTASSIUM**

Excellent Sources 500-600 mg (13-15 meq)		Very Good Sources 400 mg (10 meq)	
Prune Juice	1 cup	Banana	1 medium
Dates	½ cup	Cantaloupe	1 cup
Avocado	½	Grapefruit	1 cup
Raisins	½ cup	Nectarine	1 large
Figs, dried	4 medium	Honeydew Melon	1 cup
Orange Juice	1 cup	Molasses	2 tablespoons
Potato, white, baked	1 medium	Potato, boiled and pared before cooking	1 large
Tomato Juice	1 cup		

Good Sources 200-400 mg (5-10 meq)		Fair Sources 100-200 mg (2-5 meq)	
Watermelon	2 cups	Grapefruit, canned	½ cup
Orange	1 small	Grapefruit, fresh	½ medium
Peach	1 medium	Grapes	15
Pear	1 medium	Apple	medium
Blackberries	1 cup	Apricots, canned	3 halves
Artichoke	bud or globe	Apricots, dried	5 halves
Beets, cooked	½ cup	Blueberries	1 cup
Beet Greens	½ cup	Pineapple, canned	1 slice
Collard Greens	½ cup	Tangerine	1 large
Winter Squash, frozen, cooked	½ cup	All Bran	¼ cup
Broccoli, cooked	½ cup	Turnip Greens, frozen	½ cup
Brussel Sprouts, fresh	½ cup	Summer Squash, cooked	½ cup
Spinach, cooked	½ cup	Peas, cooked	½ cup
Rutabaga, cooked	½ cup	Okra, cooked	10 pods
Tomatoes, cooked, canned	½ cup	Green Pepper	medium
Peanuts, shelled	¼ cup	Asparagus, cooked	½ cup
Peanut Butter	2 tablespoons	Bean Sprouts	½ cup
Salt Substitute	1/8 teaspoon	Carrots, cooked	½ cup
		Corn, cooked	½ cup
		Corn, fresh	1 small ear