

Food Sources of Potassium

Hearts of palm (not canned)	Lambsquarters	Meat extender	Beet greens
Arrowhead	Yam	Yautia (tannia)	Vegetable soup
Tomato soup	Amaranth leaves	Immature seeds of pinto bean	Leafy tips of bitter gourd
Breakfast cereal	Chrysanthemum	White beans	Prune juice
Pork ham with added potassium	Potherb jute	Chili with beans	Green soybeans
Carrot juice	Plantains (not fried)	Passion-fruit juice	Breadfruit
Pink beans	Lima beans	Black bean soup	Sisymbrium sp. seeds
Mamey sapote	Taro	Soybeans	Jackfruit
Chunky minestrone soup	Dried apricots	Coconut water	Boiled potatoes
Spinach	Breadnut tree seeds	Red potatoes (flesh and skin)	White potatoes (flesh and skin)
Taro leaves	Prune puree	Durian	Pork top loin chops with added potassium
Tomato bisque prepared with milk	Baked potatoes (flesh and skin)	Guavas	Pork tenderloin with added potassium
Chocolate yogurt	Pinto beans	Black beans	Butterbur
Potatoes au gratin	Refried beans	Cocoa mix (potassium-fortified)	Protein powder (potassium-fortified)
Spot (fish)	Kidney beans	Cuttlefish	Florida pompano
Pomegranate juice	Wild Atlantic salmon	Octopus	Tomato juice
Custard apple (bullock's heart)	Clam	Water (potassium-fortified)	Grouper
Scalloped potatoes	Wild rainbow trout	Chili beef soup	Garden cress
Great Northern beans	Goat milk	Whelk	Orange juice
Bananas	Papad	Split pea soup with ham	Hot cocoa made with milk
Pigeon peas	Chocolate malted milk drink (potassium-fortified)	Winged bean tuber	Chinese water chestnuts
Chili con carne with beans	Hashed brown potatoes	Spanish mackerel	Potato chips (reduced fat)
Catjang cowpea	Passion-fruit	Chocolate dairy drink mix (potassium-fortified)	Yellowfin tuna
Lingcod	Atlantic and Pacific halibut	King mackerel	Tilefish
Lotus root	Chum salmon		