

TABLE 7.2 SOURCES OF POTASSIUM

Milligrams per 100 grams edible portion (100 grams = 3½ oz.)			
Dulse (1 tsp. = approximately 242 milligrams)	8060	Mushrooms	414
Kelp (1 tsp. = approximately 160 milligrams)	5273	Salmon	410
Blackstrap molasses (1 tsp. = approximately 146 milligrams)	2927	Potato with skin	407
Brewers yeast, dry	1700	Collard leaves and stems	401
Rice bran	1495	Dandelion greens	397
Wheat bran	1121	Fennel	397
Sunflower seeds, hulled	920	Brussel sprouts	390
Wheat germ	827	Broccoli	382
Almonds	773	Liver, calves' or beef	380
Raisins	763	Kale	378
Parsley	727	Mustard greens	377
Sesame seeds, unhulled	725	Wheat, soft winter	376
Rice polish (note that rice bran contains potassium as rice polish)	714	Banana	370
Prunes, dried	694	Wheat, hard	370
Peanuts	674	Winter squash	369
Dates	648	Ground round, raw	355
Figs, dried	640	Carrots	341
Avocados	604	Celery	341
Pecans	603	Brains	340
Yams	600	Pumpkin	340
Beet greens	570	Beet root	335
Swiss chard	550	Chicken, light meat without skin, raw	320
Parsnips	541	Beef kidney	310
Halibut	540	Persimmon, native	310
Chinese water chestnuts	500	Cauliflower	295
Spinach	470	Nectarine	294
Rye grain	467	Escarole	294
Cashew nuts	464	Watercress	282
Buckwheat	450	Apricot, fresh	281
English walnuts	450	Sweet corn	280
Collard leaves	450	Asparagus	278
Globe artichokes	430	Red cabbage	268
Millet	430	Lettuce, all types except iceberg	264
Chicory greens	420	Coconut meat, fresh	256
		Cantaloupe, casaba, honeydew melons	251

SOURCES OF POTASSIUM (cont.)

Milligrams per 100 grams edible portion (100 grams = 3½ oz.)			
Chicken, dark meat without skin, raw	250	Peas, podded	170
Okra	249	Blackberries	170
Tomato	244	Red raspberries	168
Sweet potato (compare with yams!)	243	Strawberries	164
Snap beans	243	Grapefruit juice, fresh	162
Papaya	234	Beef heart	160
Green cabbage	233	Cucumber	160
Onion, green	231	Grapes, slip skin	158
Wild rice	220	Pineapple	146
Eggplant	214	Lemon juice	141
Brown rice	214	Buttermilk	140
Sweet green peppers	213	Whole cow's milk	140
Peaches, fresh	202	Grapefruit pulp	135
Summer squash	202	Pear, fresh	130
Orange, peeled	200	Tangerine	126
Black raspberries	199	Apple	110
Figs, fresh	194	Chayote	102
Cherries	191	Apple juice	101
Mangoes	189	Eggs, whole	100
Orange juice, fresh	182	Watermelon	100
Goat's milk	180	Wine, unfortified	92
Lobster	180	Cranberries	82
Iceberg lettuce	175	Blueberries	81
Grapes, adherent skin	173	Cooked oatmeal	55
		Honey	10

Source: MineraLab, Inc.