

Potassium-Rich Foods

Food group	Food item	Food group	Food item
Seasonings/ condiments	■ Low-sodium salt (contains potassium chloride)	Vegetables	■ Seaweed
	■ Sea salt		■ Spinach
Desserts	■ Molasses		■ Tomatoes
	■ Chocolate		■ Broccoli
Nuts, seeds, and legumes	■ Lima beans		■ Potatoes
	■ Sunflower seeds	Meats	■ Beef
	■ Pistachios		■ Chicken
	■ Pumpkin seeds		■ Pork
Grains	■ Wheat germ	■ Lamb	
	■ Bran	Fruit	■ Bananas
	■ Oats		■ Cantaloupes
	■ Oranges		
	■ Avocados		
			■ Dried fruits (dates, prunes)

- Highest content (> 1,000 mg per serving)
- Very-high content (> 600 mg per serving)
- High content (> 250 mg per serving)