

POTASSIUM RICH FOODS

High-potassium reference chart for daily nutrition

Vegetables

ITEM (1 CUP)	MG
Swiss Chard (Cooked)	960
Spinach (Cooked)	840
Baked Potato (Med)	920
Sweet Potato	450
White Beans	1000
Beets	520

Fruits

ITEM (1 CUP)	MG
Avocado (Whole)	975
Banana (Med)	422
Apricots (Dried)	750
Pomegranate	660
Coconut Water	600
Cantaloupe	430

Values are approximate based on standard serving sizes. Consult a healthcare professional for dietary advice.