

Potassium

Potassium is an important mineral found in your body. It is important for cell and muscle growth, and it plays a major role in maintaining normal fluid balance. It is also an electrolyte that helps control the electrical activity of your heart. Changes in kidney function or bowel movements and some medicines can alter your potassium levels. If you have a low potassium level, try to add foods to your diet that are high in potassium. Below is a list of foods that are high in potassium. The foods with the highest potassium content are listed first.

Food	Serving size	Milligrams (mg) per serving
Sweet potato, baked	1 potato	694
Almonds, sliced	1 cup	649
Potato, baked (with skin)	1 potato	610
Yogurt, plain, non-fat	8-oz	579
White beans, canned	½ cup	595
Prunes, dried	¾ cup	530
Carrot juice	¾ cup	517
Halibut, cooked	3 oz	490
Soybeans, green, cooked	½ cup	485
Tuna, yellowfin, cooked	3 oz	484
Lima beans, cooked	½ cup	484
Winter squash, cooked	½ cup	448
Cod, Pacific, cooked	3 oz	439
Banana	1 medium	422
Spinach, cooked	½ cup	419
Tomato sauce	½ cup	405
Milk, non-fat	1 cup	382
Pork chop, center loin, cooked	3 oz	382
Rainbow trout, farmed, cooked	3 oz	375
Milk, 2%	1 cup	366
Kidney beans, cooked	½ cup	358
Orange juice	¾ cup	355
Avocado	½ cup	354
Raisins	1 small box	322
Melon	1 cup	309
Pear	1 medium	206

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.