

POTASSIUM

If you have LOW potassium you need to eat foods that are HIGH in potassium:

Winter squash	Banana
Sweet potato	Pork tenderloin
Potato	Lentils
White beans	Milk, 1%
Yogurt	Salmon
Halibut	Pistachios
100% orange juice	Raisins
Broccoli	Chicken breast
Cantaloupe	Tuna

If you have HIGH potassium you need to AVOID the above foods.

Here's how many milligrams (mg) of potassium you'll get from these potassium-rich foods:

Winter squash, cubed, 1 cup, cooked: 896 mg
Sweet potato, medium, baked with skin: 694 mg
Potato, medium, baked with skin: 610 mg
White beans, canned, drained, half cup: 595 mg
Yogurt, fat-free, 1 cup: 579 mg
Halibut, 3 ounces, cooked: 490 mg
100% orange juice, 8 ounces: 496 mg
Broccoli, 1 cup, cooked: 457 mg
Cantaloupe, cubed, 1 cup: 431 mg
Banana, 1 medium: 422 mg
Pork tenderloin, 3 ounces, cooked: 382 mg
Lentils, half cup, cooked: 366 mg
Milk, 1% low fat, 8 ounces: 366 mg
Salmon, farmed Atlantic, 3 ounces, cooked: 326 mg
Pistachios, shelled, 1 ounce, dry roasted: 295 mg
Raisins, quarter cup: 250 mg
Chicken breast, 3 ounces, cooked: 218 mg
Tuna, light, canned, drained, 3 ounces: 201 mg