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BEST SOURCES OF POTASSIUM (along with sodium levels)

Consuming naturally occurring potassium in foods does not seem to cause the same side effects as supplementation. Potassium salt oral supplementation can cause nausea, vomiting, diarrhea, and ulcers can occur.

FOOD	AMOUNT	POTASSIUM (mg)/K+	SODIUM (mg)/Na+	FOOD	AMOUNT	POTASSIUM (mg)/K+	SODIUM (mg)/Na+
Avocado	1 medium	1360	10	Kidney beans	1 cup	330	10-200
Tomato Sauce	1 cup	909	10-1500	Liver, beef	3 oz	323	90
Apricots, dried	½ cup	896	18	Artichoke	1 med	316	79
Potato	1 med	782	6	Prunes	5 med	315	1
Cantaloupe	½ med	782	6	Peach	1 med	308	2
Papaya	1 med	781	9	Beef, round steak	3 oz	298	46
Prune Juice	1 cup	707	10	Haddock	3 oz	297	150
Figs, dried	5 med	666	10	Spinach, cooked	½ cup	292	45
Lima beans	½ cup	582	2	Nectarine	1 med	288	0
Parsnips	1 cup	573	16	Pork	3 oz	283	48
Pumpkin, cooked	1 cup	564	2	Mustard greens	1 cup	283	22
Watermelon	1 slice	559	10	Blackberries	1 cup	282	0
Raisins	½ cup	545	9	Lamb, leg of	3 oz	274	53
Kiwi fruit	2 med	504	8	Turkey, white meat	3 oz	259	54
Sardines	3 oz	501	425	Mushrooms	1 cup	259	3
Flounder	3 oz	498	201	Strawberries	1 cup	247	1
Orange Juice	1 cup	496	2	Cherries	1 cup	239	17
Soy beans	½ cup	496	2	Orange	1 med	237	0
Squash, winter	½ cup	496	2	Celery	2 stalks	228	70
Broccoli	3.5 oz	464	13	Tuna	3 oz	225	70
Tomato	1 med	444	13	Peanut butter	2 T	220	150
Pinto beans	½ cup	441	2	Papaya	3.5	211	3
Banana	1 med	440	1	Chicken, white meat	3 oz	201	54
Milk, skim	8 oz	406	126	Cashews	¼ cup	194	4
Pomegranate	1 med	400	5	Asparagus	4 spears	186	2
Eggplant	1 cup	397	5	Raspberries	1 cup	186	0
Sweet potato	1 med	397	11	Apple	1 med	182	2
Salmon	3 oz	378	99	Cauliflower	½ cup	178	8
Beans, great northern	½ cup	374	7	Grapefruit	1 med	157	0
Cod, baked	3 oz	345	93	Green beans	3.5 oz	54	4

Reference: Marz, Richard. Medical Nutrition From Marz, 2nd Edition. Portland, OR: Omni-Press; 1999.