
Potassium for Healthy Blood Pressure

Potassium is a dietary mineral that plays a key role in maintaining a healthy blood pressure by balancing the water content in the cells of your body. It also contributes to normal pH balance of your body, normal muscle growth and healthy nervous system and brain function.

Sodium and potassium compete for water in cells. When sodium takes over a cell, it causes the cell to inflate with more water. When potassium controls a cell, less water is absorbed and cell volume and blood volume decline, resulting in lower blood pressure.

Another way that excessive sodium contributes to high blood pressure is that sodium attracts water and increases the volume of blood. Decreasing sodium intake reduces blood volume. The tendency of some individuals to respond to high sodium intake with high blood pressure is inherited and not common to all people.

Recommended Daily Allowance:

Sodium	less than 2400mg
Potassium	at least 3500mg

Potassium Content of Some Foods

Drinks

Apple juice, ½ cup	148
Coffee, brewed, 6 ounces	124
Tea, brewed, 6 ounces	27
Grape juice, ½ cup	167
Milk, whole, 1 cup	370
Milk, 1% fat, 1 cup	390
Milk, nonfat, 1 cup	410
Orange juice, ½ cup	248

Fruits

Serving = ½ cup raw unless stated otherwise

Low Potassium: Less than 120 milligrams

Apples, peeled	62	Lemon, 1 medium	80
Apricot, 1 medium	105	Watermelon, diced	93
Cranberry sauce	36	Raspberries	94
Fig, 1 medium	116	Pineapple, diced	88
Fruit cocktail	114	Plums, 1 medium	118
Grapes, ten	93-105		

Medium Potassium: 121 – 250 milligrams

Apricots, canned	181	Pineapple, canned, heavy syrup	133
Cherries, sweet, ten	152	Pineapple, canned, juice pack	153
Grapefruit, ½ medium	165	Raspberries, frozen, sweetened	143
Orange, 1 medium	237	Strawberries, whole	124
Pear, D'Anjou, 1 medium	250	Tangerine, 1 medium	132
Pear, Asian, 2 medium	148	Peach, 1 medium or canned	165
Pear, Bartlett, 1 medium	208	Blackberries	141

High Potassium: 251 milligrams or more

Apricots, dried	895	Dates, chopped	581
Avocado, California, ½ medium	549	Figs, dried, five	666
Avocado, Florida, ½ medium	742	Mango, 1 medium	323
Banana, medium	451	Nectarine, 1 medium	288
Cantaloupe, ¼ medium	413	Papaya, 1 medium	390
Honeydew melon, ¼ medium	875	Peaches, dried, uncooked	797
Kiwi fruit, 1 medium	252	Prunes, dried, uncooked, 5 large	365
		Raisins, seedless	545

Starches

Oatmeal, cooked, 1 cup	146	Whole wheat pasta, cooked, 1 cup	62
White Rice, cooked, ½ cup	29	White pasta, cooked, 1 cup	43
Brown Rice, cooked, ½ cup	69	Kamut Cereal, 1 cup	135
Whole wheat bread, 1 slice	70	Corn chips, 1 oz.	61
White bread, 1 slice	25	Buckwheat, 100g	200-300
Popcorn, air popped, 1 cup	20		

Vegetables

Serving = ½ cup raw unless stated otherwise

Low Potassium: up to 125 milligrams

Alfalfa sprouts, raw	13	Eggplant, steamed	119
Beans, green	76	Endive, raw	79
Bean sprouts	63-78	Leeks, raw	94
Cabbage, raw	72-86	Leeks, cooked from raw	46
Cauliflower	125	Lettuce, iceberg, 1 cup	87
Carrots, cooked from frozen	116	Onions, raw, diced	124
Collards, cooked from raw	84	Peppers, sweet, raw	89
Corn, cooked from frozen	114	Peppers, sweet, cooked	113
Cucumbers, sliced	84	Water chestnuts, canned	83
Turnips, cooked	106		

Medium Potassium: 126 – 250 milligrams

Asparagus, cooked from frozen	196	Kale, cooked from frozen	209
Beans, green, cooked from raw	185	Lettuce, romaine, 1 cup	148
Broccoli, cooked from raw	127	Mushrooms, raw	130
Broccoli, cooked from frozen	167	Onions, cooked	160
Cabbage, common, cooked	154	Peas, edible pod, cooked	192
Carrots, cooked from raw	177	Peas, green, cooked from frozen	134
Cauliflower, raw flowerets	178	Peppers, hot chili, 1 raw	153
Cauliflower, cooked from raw	202	Radishes, raw	144
Celery, raw, diced	171	Squash, summer, cooked	173
Chickpeas, cooked, drained	239	Spinach, raw, chopped	154
Collards, cooked from frozen	214	Turnip greens, cooked	146-184
Corn, cooked from raw	204	Turnip greens, cooked	146-184

High Potassium: 251 milligrams or more

Artichoke, 1 medium	425	Okra, sliced, cooked from raw	257
Asparagus, cooked from raw	279	Parsnips, cooked	287
Beans, black, cooked, drained	306	Peanuts, oil roasted, unsalted	491
Beans, lima, cooked from frozen	347-370	Potato, baked, 1 large, no skin	610
Beans, kidney, cooked	355	Potato, baked, 1 large with skin	844
Beans, pinto, cooked, drained	398	Potato, boiled, no skin	256
Beets	265	Pumpkin, canned	253
Black eyed peas, cooked from frozen	319	Soybeans, cooked	486
Black eyes peas, cooked from raw	246	Spinach, cooked from raw	420
Brussel sprouts, cooked from raw	246	Spinch, cooked from frozen	283
Cabbage, bok choy	316	Squash, winter, cooked	448
Lettuce, Boston, 1 5" head	419	Sweet potato, 1 medium	397
Lentils, cooked	366	Swiss chard, cooked from raw	483
Mushrooms, cooked	278	Tomato, raw, 1 medium	251-273