



Advanced Renal Care, LTD.

Practice Limited to Kidney Diseases, Hypertension & Renal Transplant
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Potassium: An important nutrient that is found in foods. Fruits, vegetables, nuts, and milk are examples of some foods that are highest in potassium.

Target per day: 2 grams of potassium = 2,000 mg

Low Potassium Foods (0-200mg per serving)	Mg per Serving	Highest Potassium Foods (over 200mg per serving)	Mg per Serving
Apple (1 cup)	160	Avocado (1/4 medium)	275
Blueberries (1 cup)	140	Banana (1 medium)	450
Cranberries, raw, whole (1 cup)	67	Cantaloupe (1/2 cup)	245
Raspberries (1/2 cup)	95	Orange (1 medium)	235
Grapes, seedless (10)	90	Raisins (1/4 cup)	310
Kiwi (1.3 oz.)	126	Papaya (1/2 medium)	390
Pears, canned (1/2 cup)	90	Pears, fresh (1 medium)	210
Fruit cocktail (1/2 cup)	115	Plums (2 medium)	220
Tangerine (1 medium or 3 oz.)	130	100% fruit juice (1 cup)	300-500
Watermelon (1 cup)	175	Kidney Beans, can (1/2 cup)	330
Pineapple (1/2 cup)	90	Lima Beans, can (1/2 cup)	265
Asparagus (4 spears or 2 oz.)	15	Pinto Beans, can (1/2 cup)	290
Broccoli, cooked (1/2 cup)	166	Beets, boiled (1/2 cup)	260
Cabbage, raw (1 cup)	172	Mushrooms, raw (1/2 cup)	259
Cauliflower, raw (1 cup)	150	Split Peas (1/2 cup)	355
Carrots, raw (1/2 cup)	180	Chickpeas (1/2 cup)	240
Celery, raw (7.5 inch stalk)	115	Potatoes baked w/skin (1 sm.)	759
Corn, frozen (1/2 cup)	121	Potatoes boiled no skin (1 sm.)	457
Cucumber, with peel (1/4 cup)	108	Sweet Potatoes baked w/skin	397
Garlic (4 cloves)	50	Sweet Pot. mashed (1/2 cup)	302
Green Beans, frozen (1/2 cup)	85	Yam (1/2 cup)	456
Lettuce Iceberg (1 cup)	87	Corn, fresh and boiled (1/2 cup)	204
Lettuce Romaine (1 cup)	162	Tomato, raw (1 cup)	273
Mixed Veg. frozen (1/2 cup)	155	Tomato puree, can (1/4 cup)	266
Onion, raw (1/4 cup)	63	Artichoke (1/4 medium)	265
Bell Pepper (1/2 medium)	106	Brussel Sprouts (1/2 cup)	247
Rutabagas, raw (1 cup)	150	Winter Squash, baked (1/2 cup)	450