



CORNERSTONE MEDICAL CLINIC

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Common Foods High in Potassium

Because many people using diuretics need to have additional potassium for their body's need, below is listed a groups of foods that are quite high in potassium. A daily allotment taken from this list of foods can increase you potassium intake up to 2,000 milligrams.

Chicken	1 breast	710 mg.
Turkey	4 ounces	350 mg.
Round steak	6 ounces	680 mg.
Orange juice	8 ounces	440 mg.
Grapefruit juice	8 ounces	370 mg.
Prune juice	8 ounces	620 mg.
Lima beans	1 cup	520 mg.
Brussel sprouts	1 cup	300 mg.
Spinach	1 cup	600 mg.
Tomato	1 medium	340 mg.
Orange	1 medium	360 mg.
Banana	1 medium	630 mg.
Apricots	3 medium	500 mg.
Dates	1 cup	1390 mg.
Raisins	1/2 cup	575 mg.