

LEARNING ABOUT POTASSIUM-RICH FOODS

Nutrition

Your doctor has prescribed a diuretic (water pill) to help control your blood pressure. Because this diuretic can lower your potassium level, you may need to add potassium to your diet.

How much potassium do you need?

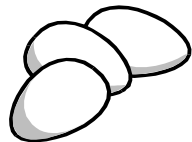
Doctors recommend 300 to 400 mg of potassium daily. Not enough potassium can cause leg cramps, weakness, paralysis, and spasms. Too much can cause heart problems and fatigue.

The chart below lists potassium-rich foods along with their potassium content (the number of milligrams in a 3 ½ – oz serving). Because some of these foods are also high in calories, check with your doctor or dietician if you're on a weight-reduction diet.

POTASSIUM CONTENT OF COMMON FOODS

Meats

Beef **370**
Chicken **411**
Lamb **290**
Liver **380**
Pork **326**
Turkey **411**
Veal **500**



Fish

Bass **256**
Flounder **342**
Haddock **348**
Halibut **525**
Oysters **203**
Perch **284**
Salmon **421**
Scallops **476**
Tuna **301**

Fruits

Apricots **281**
Bananas **370**
Dates **648**
Figs **152**
Nectarines **294**
Oranges **200**
Peaches **202**
Plums **299**
Prunes **262**
Raisins **355**



Vegetables

Asparagus **238**
Brussels sprouts **295**
Cabbage **233**
Carrots **341**
Endive **294**
Lima beans **394**
Peppers **213**
Potatoes **407**

Radishes **322**

Spinach **324**

Sweet Potatoes **300**

Juices

Orange, fresh **200**

Tomato **227**

Other foods

Gingersnap **462**

Graham crackers **384**

Ice milk **195**

Peanuts **674**

Peanut butter **670**

