

Best Sources of Potassium

Food	Milligrams	%DV
Soy flour, 1 cup	2138	99
Prunes, 8 large	940	37
Raisins, ½ cup	575	23
Cooked mushrooms, 1 cup	554	22
Brussels sprouts, 1 cup	494	20
Macadamia nuts, 4oz	416	17
Potato, boiled	407	16
Milk, 1 cup	406	16
Spinach, raw, 3oz	403	16
Tuna, 4oz	378	15
Banana, 1 small	370	14
Beef, lean round, 3oz	317	13
Cabbage, 1/2head, boiled	308	13
Artichoke, 1bud	300	12
Cauliflower, 1 cup	295	12
Lettuce, iceberg, 1/4 head	264	11
Cantaloupe, ¼ melon	251	10
Tomato, 1 small	244	9
Apricots, dried, 4 halves	244	9
Chicken, 3oz	242	9
Orange, 1 medium	237	8
Egg, 1 large	60	2