

APPENDIX 12. SELECTED FOOD SOURCES RANKED BY AMOUNTS OF POTASSIUM AND CALORIES PER STANDARD FOOD PORTION

Food	Standard portion size	Calories in standard portion ^a	Potassium in standard portion (mg) ^a
Potato, baked, flesh and skin	1 small potato	128	738
Prune juice, canned	1 cup	182	707
Carrot juice, canned	1 cup	94	689
Tomato paste	¼ cup	54	664
Beet greens, cooked	½ cup	19	654
White beans, canned	½ cup	149	595
Tomato juice, canned	1 cup	41	556
Plain yogurt, nonfat or lowfat	8 ounces	127-143	531-579
Tomato puree	½ cup	48	549
Sweet potato, baked in skin	1 medium	103	542
Clams, canned	3 ounces	126	534
Orange juice, fresh	1 cup	112	496
Halibut, cooked	3 ounces	119	490
Soybeans, green, cooked	½ cup	127	485
Tuna, yellowfin, cooked	3 ounces	118	484
Lima beans, cooked	½ cup	108	478
Soybeans, mature, cooked	½ cup	149	443
Rockfish, Pacific, cooked	3 ounces	103	442
Cod, Pacific, cooked	3 ounces	89	439
Evaporated milk, nonfat	½ cup	100	425
Low-fat (1%) or reduced fat (2%) chocolate milk	1 cup	158-190	422-425
Bananas	1 medium	105	422
Spinach, cooked	½ cup	21-25	370-419
Tomato sauce	½ cup	29	405
Peaches, dried, uncooked	¼ cup	96	398
Prunes, stewed	½ cup	133	398
Skim milk (nonfat)	1 cup	83	382
Rainbow trout, cooked	3 ounces	128	381
Apricots, dried, uncooked	¼ cup	78	378
Pinto beans, cooked	½ cup	122	373
Pork loin, center rib, lean, roasted	3 ounces	190	371
Low-fat milk or buttermilk (1%)	1 cup	98-102	366-370
Lentils, cooked	½ cup	115	365
Plantains, cooked	½ cup	89	358
Kidney beans, cooked	½ cup	112	358

a. Source: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>.