

Foods high in Potassium

Source: USDA National Nutrient Database

Food - 100g	Kind and Process	Potassium - mg/100g	Percent higher than <u>Banana</u>
Tomatoes	Sun-dried	3427	857%
Cocoa	dry powder, unsweetened	1524	326%
Peanuts	all types, oil-roasted, without salt	682	91%
Yam	cooked, boiled, drained, or baked, without salt	670	87%
Peanuts	all types, dry-roasted, without salt	658	84%
Potatoes	baked, skin, without salt	573	60%
Potatoes	white, flesh and skin, baked	544	52%
Beans	Lima, large, mature seeds, cooked, boiled, without salt	508	42%
Avocados	raw, all commercial varieties	485	35%
Salmon	sockeye, cooked, dry heat	408	14%
Potatoes	boiled, cooked in skin, skin, without salt	407	14%
Beans	kidney, all types, mature seeds, cooked, boiled, without salt	405	13%
Potatoes	boiled, cooked in skin, flesh, without salt	379	6%
Banana	raw	358	N/A
Coconut	coconut meat, raw	356	N/A
Carrots	raw	320	N/A
Broccoli	cooked, boiled, drained, without salt	293	N/A
Beef	ground, 85% lean meat / 15% fat, loaf, cooked, baked	286	N/A
Carrots	cooked, boiled, drained, without salt	235	N/A
Pumpkin	cooked, boiled, drained, without salt	230	N/A
Cherries	raw	222	N/A
Corn	cooked, boiled, drained, without salt	218	N/A
Tomatoes	red, ripe, cooked	218	N/A
Tomatoes	red, ripe, canned, stewed	207	N/A
Cabbage	cooked, boiled, drained, without salt	196	N/A
Peaches	raw	190	N/A
Pineapple	raw	109	N/A
Blueberries	raw	77	N/A
Blueberries	canned, light syrup, drained	54	N/A