

Talk with your physician, advanced practice provider or dietitian if you have questions.

Potassium-Restricted Diet

The foods you eat are an important part of managing your health. If you have certain health conditions, you may need to limit the potassium in your diet. Almost all foods contain potassium. However, some foods contain more potassium than others. This guide will help you choose the right types and amounts of foods.

- Lower-potassium foods have less than 200 milligrams (mg) per serving.
- Higher-potassium foods have more than 200 mg per serving.

Limiting potassium in your diet

The tables in the appendix list many common foods and the amounts of potassium in them.

- Choose foods from the lower (less than 200 mg of potassium) list and limit food choices from the higher (more than 200 mg potassium) list.
- Portions are important. Eating a large amount of a low-potassium food may give you too much potassium.
- Some vegetables, such as spinach, “shrink” when they are cooked. An equal portion of the cooked vegetable will have much more potassium than the raw vegetable.
- Most fruits “shrink” when they are dried. An equal portion of the dried fruit will have much more potassium than the raw fruit.
- The amount of potassium in food may vary depending on the brand or type of processing. Potassium values for canned foods may be different from potassium values for fresh foods. You can use the nutrition facts label to check potassium in packaged foods.
- Avoid foods with potassium additives. Additives will be listed under the ingredients list on the nutrition facts label. Avoid any foods that have additives with the word potassium such as “potassium chloride” or “potassium phosphate.”
- Avoid salt substitutes that are made with potassium chloride like Morton’s Lite Salt®.
- Avoid herbal and botanical supplements. Talk with your physician or dietitian before starting any vitamin or mineral supplements.

Reading food labels

Nutrition facts labels

According to the US Food and Drug Administration, most packaged foods and beverages must have a nutrition facts label (Figure 1). Food labels include the potassium content of the food. This can help you identify high-potassium foods to limit. When checking food labels, always think about the serving size. You may need to adjust your portion size to match the serving size to control your potassium intake.

Figure 1. Nutrition facts label example

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

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Ingredients label

Many processed foods contain potassium additives. These additives are used to preserve and flavor foods. Your body absorbs potassium additives very easily. This can raise your blood potassium level too high. Avoid or limit foods with potassium additives as much as possible. You can read the ingredient label to see if they are added to a food (Figure 2). Common potassium additives include these:

- Potassium chloride
- Potassium sorbate
- Potassium phosphate
- Potassium nitrate
- Potassium citrate

Figure 2. Ingredient label example

Nutrition Facts	INGREDIENTS: WATER, SUGAR, DISTILLED VINEGAR, MANDARIN ORANGE JUICE, SOY SAUCE (WATER, WHEAT , SOYBEANS , SALT), SALT, MODIFIED CORN STARCH, RICE FLOUR, SESAME OIL, SESAME SEED, CARAMEL COLOR, GARLIC, YEAST EXTRACT, GINGER, XANTHAN GUM (THICKENER), NATURAL FLAVOR & POTASSIUM SORBATE AND SODIUM BENZOATE (TO PROTECT QUALITY).
Serv. Size 1 tbsp. (15mL)	
Servings about 24	
Amount Per Serving	
Calories 20	

If you have any questions, talk with your physician, advanced practice provider or registered dietitian.

Appendix: Potassium in Foods

Fruit and Juice					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Apple, medium	1	195	Banana, medium	1	420
Apple juice	1/2 cup	125	Cantaloupe	1/2 cup	210
Applesauce	1/2 cup	90	Dates or figs, dried	1/4 cup	250
Apricot	1	90	Kiwi	1	215
Apricot nectar	1/2 cup	145	Nectarine	1	285
Blackberries	1/2 cup	115	Orange	1	235
Blueberries	1/2 cup	55	Orange juice	1/2 cup	250
Cherries, sweet	1/2 cup	150	Peach, medium	1	285
Coconut, dried or raw	1/4 cup	75	Pear, medium	1	205
Cranberries, raw or dried	1/4 cup	40	Pomegranate arils (seed/juice sacs)	1/2 cup	205
Cranberry juice cocktail	1/2 cup	20	Pomegranate juice	1/2 cup	355
Fruit cocktail, drained	1/2 cup	95	Prune juice	1/2 cup	355
Grape juice	1/2 cup	130	Prunes	1/4 cup	350
Grapefruit	1/2	175	Raisins	1/4 cup	310
Grapefruit juice	1/2 cup	200			
Grapes, red or green	1/2 cup	145			
Honeydew melon	1/2 cup	195			
Lemon or lime juice, freshly squeezed	juice from 1 fruit	50			
Mango, pieces	1/2 cup	140			
Mango nectar	1/2 cup	30			
Papaya, chopped	1/2 cup	130			
Papaya nectar	1/2 cup	40			
Peaches, canned, drained	1/2 cup	105			
Pear nectar	1/2 cup	15			
Pears, canned, drained	1/2 cup	30			
Pineapple, raw or canned, chunks	1/2 cup	125			
Pineapple juice	1/2 cup	160			
Plum	1	105			
Raspberries	1/2 cup	95			
Strawberries, sliced	1/2 cup	125			
Tangerine (Mandarin orange)	1	145			
Watermelon, diced	1/2 cup	85			

Vegetables (Not Starchy) and Salads					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Asparagus, cooked, small spears	4	135	Artichokes, globe or French, cooked	1/2 cup	240
Bean sprouts, cooked or raw	1/2 cup	170	Avocado, sliced	1/2 cup	355
Beans, green, cooked	1/2 cup	90	Beets, cooked, sliced	1/2 cup	260
Beets, canned, slices	1/2 cup	125	Broccoli, cooked	1/2 cup	245
Broccoli, florets, raw	1/2 cup	115	Brussels sprouts, cooked	1/2 cup	245
Cabbage, cooked	1/2 cup	145	Kale, cooked	1/2 cup	295
Carrots, raw, small	1	160	Mushrooms, white, stir-fried, sliced	1/2 cup	215
Carrots, slices, cooked	1/2 cup	185	Spinach, cooked	1/2 cup	285
Cauliflower, cooked	1/2 cup	90	Swiss chard, cooked	1/2 cup	480
Cauliflower, raw	1/2 cup	160	Tomato juice	1/2 cup	265
Celery, raw, small stalk	1	45	Tomato sauce	1/2 cup	365
Collard greens, cooked	1/2 cup	110	Tomatoes, raw, chopped or sliced	1/2 cup	215
Cucumber, sliced	1/2 cup	75	Tomatoes, canned	1/2 cup	230
Eggplant, 1-inch cubes, cooked	1/2 cup	60	Zucchini, cooked, sliced, diced, chopped	1/2 cup	240
Kale, raw, chopped	1 cup	80			
Lettuce (iceberg, Romaine, bibb, butter, endive)	1 cup	100 to 155			
Lettuce, red or green leaf, shredded	1 cup	50 to 80			
Mushrooms, white, raw, sliced	1/2 cup	110			
Okra, cooked	1/2 cup	110			
Onion, raw, chopped	1/4 cup	55			
Peas, sugar, snap	1/2 cup	85			
Peppers, green, raw, chopped	1/2 cup	130			
Rhubarb, cooked	1/2 cup	115			
Spinach, raw	1 cup	165			
Zucchini, raw, sliced, diced, chopped	1/2 cup	160			

Vegetables (Starchy)					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Corn	1/2 cup	160	Potato, baked, with skin, medium	1	925
Corn, small ear	1	195			
Peas, frozen, cooked	1/2 cup	90	Potato, boiled, peeled, medium	1	550
			Potatoes, French fries, medium serving (fast food)	1	675
			Potatoes, mashed with milk and margarine	1/2 cup	340
			Pumpkin, canned	1/2 cup	250
			Squash, winter, baked, cubed	1/2 cup	245
			Sweet potato, baked, mashed	1/2 cup	475
Breads, Cereals and Grains					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Bagel, medium, plain	1	90	Bran muffin, small	1	335
Bread, white	1 slice	35	Quinoa, cooked	1 cup	320
Bread, whole wheat	1 slice	80	Raisin bran	1 cup	380
Cereal (corn flakes, Corn Chex™, Rice Krispies®)	1 cup	20 to 60	Wheat germ, toasted, plain	1 ounce	270
Cereal (Cream of Wheat®, farina), cooked	1 cup	50			
Cheerios™	1 cup	180			
Couscous, cooked	1 cup	90			
English muffin	1	75			
Granola (low-fat, natural with raisins, Quaker®)	1/2 cup	180			
Grits, cooked	1 cup	55			
Oatmeal, cooked	1 cup	155			
Pasta (penne, farfalle, rotini, shells, macaroni, spaghetti), cooked	1 cup	55			
Pasta, cooked whole wheat (macaroni, penne, farfalle, rotini, shells)	1 cup	105			
Rice, brown or wild, cooked	1 cup	175			
Rice, white, cooked	1 cup	55			
Tortilla, corn or flour, 6-inch	1	40			

Protein: Dairy and Non-Dairy Milk Products					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Almond milk, unenriched	1/2 cup	90	Milk (chocolate)	1/2 cup	210
Buttermilk	1/2 cup	165	Yogurt, non-fat with fruit	1/2 cup	240
Cheese (cheddar, Swiss, provolone, mozzarella)	1 ounce	20 to 55	Yogurt, plain, skim milk	1/2 cup	310
Cheese (cottage or ricotta)	1/2 cup	135			
Cheese, parmesan, grated	2 tablespoons	20			
Cream cheese	1 ounce	35			
Cream or non-dairy liquid creamer	2 tablespoons	35			
Cream, non-dairy powdered	1 teaspoon	15			
Milk (whole, 2%, skim)	1/2 cup	125 to 170			
Milk, evaporated	1 ounce	95			
Milk, sweetened condensed	1 ounce	140			
Rice milk, unenriched	1/2 cup	30			
Sour cream	2 tablespoons	30			
Soy milk	1/2 cup	150			
Protein: Beans, Legumes, Nuts and Seeds					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Hummus	2 tablespoons	70	Almond butter	2 tablespoons	240
Nuts (macadamia, pecans, walnuts)	1/4 cup	120	Beans (white, navy, lima, lentils, soybeans)	1/2 cup	355 to 500
Nuts (cashews, hazelnuts)	1/4 cup	195	Nuts (Brazil, mixed nuts, peanuts, almonds)	1/4 cup	210 to 260
Peanut butter, smooth	2 tablespoons	180	Pistachio nuts	1/4 cup	315
Tahini	2 tablespoons	120	Seeds (pumpkin, sunflower)	1 ounce	250
Tofu, firm	1 ounce	165	Soybeans, boiled	1/2 cup	445
			Sunflower butter	2 tablespoons	235
			Veggie or soy burger patty	3 ounces	280

Protein: Meat, Poultry and Fish					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Beef hot dog	1	120	Beef, roast or ground, 85% lean	3 ounces	280
Clam, small	3	180		Chicken, light or dark meat	3 ounces
Crab, Dungeness	3 ounces	150	Cod		3 ounces
Crab, imitation	3 ounces	75	Crab, king	3 ounces	225
Egg, large	1	65	Fish (haddock, tilapia)	3 ounces	300 to 330
Egg whites, large	2	110	Fish (swordfish, walleye, snapper, halibut, tuna)	3 ounces	425 to 450
Lobster	3 ounces	195	Liver (beef, chicken)	3 ounces	270 to 305
Orange roughy	3 ounces	154	Pollock	3 ounces	390
Oyster, medium	1	15 to 85	Pork (chops or tenderloin)	3 ounces	280- 360
Perch	3 ounces	190	Salmon	3 ounces	375
Sardine, small	1	50	Turkey, light or dark meat	3 ounces	210
Shrimp, large	1	35	Veal	3 ounces	275
Tuna, light, canned, drained	3 ounces	150			

Other (Beverages, Sweets, Snacks and Spices)					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Beverages			Beverages		
Beer, regular	12 ounces	100	Coconut water	1/2 cup	240
Coffee, black, brewed	1 cup (8 ounces)	115	Electrolyte beverages such as Pedialyte	12 ounces	280
Coffee, instant	1 teaspoon	35			
Cola-type beverages	12 ounces	20			
Non-cola beverages, all types (such as Sprite®, root beer)	12 ounces	5			
Tea, black	1 cup (8 ounces)	90			
Tea, herbal	1 cup (8 ounces)	20			
Wine, red	5 ounces	190			
Wine, white, table	5 ounces	105			
Sweets/Snacks			Sweets/Snacks		
Brownie (2-inch square)	1 square	40 to 85	Potato chips	1 ounce	340
Candy bar, milk chocolate	1 ounce	105	Pudding, chocolate, ready-to-eat	1/2 cup	210
Candy bar, dark chocolate	1 ounce	180			
Candy, caramels	1 piece	20			
Candy (hard, jelly beans)	10 pieces	10			
Candy bar, white chocolate	1 ounce	85			
Cookie, medium (chocolate chip, sugar)	1	200			
Gelatin/Jell-O®	1/2 cup	1			
Ice cream, soft serve, frozen yogurt (chocolate, vanilla)	1/2 cup	150			
Nutella®	2 tablespoons	150			
Popsicle, fruit and juice bar	1	45			
Popcorn, regular or microwave	1 cup	25			
Pretzel twists	10	134			
Pudding, vanilla, ready-to- eat, refrigerated	1/2 cup	75			
Sherbet	1/2 cup	70			
Whipped topping, frozen, fat-free	1 cup	75			

Other (Beverages, Sweets, Snacks and Spices)					
Lower potassium (less than 200 mg)	Amount	mg	Higher potassium (more than 200 mg)	Amount	mg
Other			Other		
Salt free spice blends such as Mrs. Dash®	1/4 teaspoon	10	Molasses	1 tablespoon	295
Oil, vegetable types	any	0	Salt substitutes made with “potassium” additives	1/4 teaspoon	690
Butter or margarine	1 tablespoon	5			

(Source: U.S. Department of Agriculture. FoodData Central. Standard Reference Legacy database. Updated April 2018. fdc.nal.usda.gov.)