

Foods highest in

Potassium

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

4000 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Coffee, brewed	123%	1132	352.7	10000	Mustard greens	34%	2403	13.6	385
Beet greens	87%	1964	16.0	455	Tomato juice	34%	401	20.7	588
Purslane	77%	855	22.0	625	Fennel bulbs	33%	254	11.4	323
Watercress	75%	2843	32.1	909	Sun-dried tomatoes	33%	211	1.4	39
Spinach	61%	2601	15.3	435	Tomatoes, ripe	33%	416	19.6	556
Coffee, instant, decaf	58%	351	176.4	5000	Pumpkin	33%	857	13.6	385
Coriander (cilantro) leaves	57%	1762	15.3	435	Dill weed, dried	33%	458	1.4	40
Balsam-pear (bitter gourd)	51%	1072	11.8	333	Kohlrabi	32%	510	13.1	370
Swiss chard	50%	2849	18.6	526	Green leaf lettuce	32%	1957	23.5	667
Bamboo shoots	49%	393	13.1	370	Tomato paste	31%	243	4.3	122
Chinese cabbage (bok choy)	48%	1749	27.1	769	Cauliflower	30%	566	14.1	400
Garden cress	47%	1639	11.0	313	Spinach, canned	30%	1280	18.6	526
Portabella mushrooms	47%	593	13.6	385	Oyster mushrooms	30%	429	10.1	286
Endive	46%	1482	20.7	588	Red leaf lettuce	29%	1603	22.0	625
Boston lettuce	46%	1299	27.1	769	Broccoli stalks	29%	764	12.6	357
Chicory greens	46%	1726	15.3	435	Tomatoes, canned	28%	296	20.7	588
Dill weed	43%	1166	8.2	233	Gourd	27%	300	25.2	714
Basil	43%	1751	13.1	370	Lambsquarters, raw	26%	1219	8.2	233
Italian (Crimini) mushrooms	41%	606	13.1	370	Spearmint, fresh	26%	838	8.0	227
Swamp cabbage	41%	1506	18.6	526	Taragon, dried	26%	434	1.2	34
Summer squash	41%	546	22.0	625	Iceberg lettuce	25%	410	25.2	714
Zucchini	41%	553	22.0	625	Chives	25%	1205	11.8	333
Celery	41%	422	22.0	625	Cucumber	25%	264	23.5	667
Coriander leaf, dried	40%	913	1.3	36	Okra	24%	671	11.4	323
Parsley	38%	2925	9.8	278	Eggplant	24%	279	14.7	417
Coffee, instant, regular	38%	232	176.4	5000	Rutabagas	23%	251	9.8	278
Arugula	37%	825	14.1	400	Broccoli	23%	748	10.4	294
Radishes	36%	356	22.0	625	Turnip greens	23%	1791	11.0	313
Romaine lettuce	36%	1566	20.7	588	Crushed tomatoes, canned	23%	310	11.0	313
White mushrooms	36%	629	16.0	455	Brussels sprouts	23%	692	8.2	233
Parsley, dried	34%	903	1.3	36	Sauerkraut, canned	22%	269	18.6	526
Rhubarb	34%	325	16.8	476	Kale	22%	1747	7.1	200
Dried basil	34%	866	1.4	40	Broccoli raab	22%	1267	16.0	455

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Dandelion greens	22%	849	7.8	222	Sprouted kidney beans, cooked	15%	545	10.7	303
Green bell peppers	22%	738	17.6	500	Collards	14%	1611	11.8	333
Seaweed, agar	22%	359	13.6	385	Marjoram, dried	14%	659	1.3	37
Tomatillos	21%	212	11.0	313	Saffron	14%	531	1.1	32
Enoki mushrooms	21%	270	8.0	227	Chicken broth, condensed	14%	74	11.4	323
Peppermint, fresh	20%	556	5.0	143	Wheat bran, crude	14%	677	1.6	46
Red bell peppers	20%	1071	13.6	385	All-Bran with fiber	14%	1098	1.8	52
Paprika	20%	763	1.2	35	Potatoes with skin	14%	146	4.6	130
Asparagus	20%	586	14.1	400	Oegano, dried	14%	519	1.2	33
Chili peppers	20%	693	8.8	250	Apricots raw	13%	188	7.3	208
Artichokes	20%	293	7.5	213	Chicken broth w sodium	13%	116	22.0	625
Cantaloupe	20%	395	10.4	294	Taro	13%	122	3.1	89
Carrots	20%	1011	8.6	244	Cocoa, dry powder	13%	212	1.2	33
Beets	19%	205	8.2	233	Monkfish	13%	334	4.6	132
Chicken Broth 1% fat	19%	17	88.2	2500	Grouper	13%	360	3.8	109
Lemons, with peel	18%	716	17.6	500	Ginger root	13%	108	4.4	125
Cream of mushroom soup	18%	61	6.8	192	Shiitake mushrooms	13%	356	1.2	34
Ground tumeric	18%	284	1.0	28	Horseradish	13%	148	7.3	208
Yams	17%	118	3.0	85	Kiwi	13%	287	5.8	164
Pimento, canned	17%	884	15.3	435	Rosemary, fresh	13%	281	2.7	76
Turnips	17%	231	12.6	357	Molasses	13%	64	1.2	34
Cabbage	17%	497	14.1	400	Parsnips	13%	190	4.7	133
Spearmint, dried	17%	762	1.2	35	Sprouted mung beans	12%	395	11.8	333
Green beans	17%	393	11.4	323	Non-fat dry milk w vit A	12%	218	1.0	28
Papayas	16%	318	9.0	256	Sprouted pinto beans	12%	334	5.7	161
Hot dogs, fat free	16%	8	4.8	137	Black pepper	12%	316	1.4	39
Sprouted kidney beans	16%	610	12.2	345	Fennel seed	12%	321	1.0	29
Toasted Wheat Bran	16%	819	1.8	50	Dolphinfish	12%	377	4.1	118
Red/cayenne pepper	16%	541	1.1	31	Seaweed, spirulina	12%	596	13.6	385
Honeydew melons	16%	110	9.8	278	Peaches	12%	104	9.0	256
Guavas	15%	526	5.2	147	Apricots dried	12%	68	1.5	41
Chili powder	15%	497	1.1	32	Sprouted mung beans, cooked	12%	397	16.8	476
Pumpkin, canned	15%	1139	10.4	294	Cowpeas (blackeyes)	12%	223	3.9	111
Thyme, fresh	15%	695	3.5	99	Strawberries	12%	359	11.0	313
Chinese waterchestnuts	15%	117	3.6	103	Cumin seed	12%	279	0.9	27
Whey, sweet	15%	107	13.1	370	Podded peas	12%	492	8.4	238
Whey, acid	15%	147	14.7	417	Lemons	12%	318	12.2	345
Whey, sweet, dried	15%	122	1.0	28	Curry powder	12%	323	1.1	31

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Rice bran	12%	600	1.1	32	Bananas	10%	82	4.0	112
Shallots	12%	176	4.9	139	Pinto beans	10%	206	1.0	29
Salsify, (vegetable oyster)	12%	127	4.3	122	Litchis, dried	10%	92	1.3	36
White beans	11%	214	1.0	30	All-Bran Buds	10%	874	1.4	40
Sprouted navy beans	11%	360	5.3	149	Catfish	10%	316	3.4	95
Nectarines	11%	98	8.0	227	Cranberry beans	10%	224	1.1	30
Acerola West Indian cherry	11%	5971	11.0	313	Allspice	10%	178	1.3	38
Yogurt, fat free	11%	213	6.3	179	Sprouted soybeans	10%	271	2.9	82
Mulberries	11%	188	8.2	233	Flounder	10%	386	3.9	110
Tilefish	11%	396	3.7	104	Catsup	10%	27	3.6	103
Gooseberries	11%	204	8.0	227	All-Bran Original	10%	1025	1.4	38
Sprouted pinto beans, cooked	11%	299	16.0	455	Sweet potato	10%	436	4.1	116
Orange juice	11%	176	7.8	222	Dill seed	10%	250	1.2	33
Fortified skim milk	11%	263	8.6	244	Prune juice	10%	40	5.0	141
Sprouted soybeans, cooked	11%	296	4.4	123	Ground ginger	10%	490	1.0	29
Ling	11%	361	4.1	115	Pollock	10%	441	3.8	109
Black beans	11%	198	1.0	29	Savory	10%	450	1.3	37
Grapefruit	11%	228	11.0	313	Oranges	10%	205	7.5	213
Soybeans	11%	264	0.8	24	Elderberries	10%	176	4.8	137
Orange juice, California	11%	190	8.0	227	Tomato soup	10%	88	5.9	167
Anise seed	11%	222	1.0	30	Adzuki beans	10%	216	1.1	30
Pink beans	11%	206	1.0	29	Pomegranates	10%	26	5.2	147
Coriander seed	11%	242	1.2	34	Crab	9%	590	4.1	115
Clams	11%	1591	4.8	135	Blackberries	9%	285	8.2	233
Orange juice,concentrate	11%	138	2.2	63	Clementines	9%	167	7.5	213
Kidney beans	11%	217	1.1	30	Whiting	9%	377	3.0	86
Orange juice, fr/concentrate	11%	147	7.8	222	Watermelon	9%	117	11.8	333
Soybeans, green	11%	239	2.4	68	Mussels	9%	777	4.1	116
Potatoes, no skin	11%	113	3.8	108	Scallops	9%	316	4.0	114
Grapefruit juice	10%	187	9.0	256	Onions	9%	113	8.8	250
Lima beans	10%	252	3.1	88	Farm-raised crayfish	9%	383	4.9	139
Lotus seeds raw	10%	156	4.0	112	Cardamom	9%	525	1.1	32
Lotus seeds, dried	10%	156	1.1	30	Mung beans	9%	218	1.0	29
Great northern beans	10%	218	1.0	29	Celery seeds	9%	307	0.9	26
Halibut	10%	389	3.2	91	Milk 1% with vitamin A	9%	206	8.4	238
Plantains	10%	77	2.9	82	Haddock	9%	365	3.1	89
Sprouted navy beans, cooked	10%	320	4.5	128	Sweet red cherries	9%	41	5.6	159
Caraway seeds	10%	254	1.1	30	Navy beans	9%	218	1.0	29

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Spaghetti squash	9%	137	11.4	323	Thyme, dried	7%	869	1.3	36
Cider vinegar	9%	74	16.8	476	Northern pike	7%	365	4.0	114
Sour red cherries	9%	119	7.1	200	Avocados	7%	130	2.9	83
Salmon	9%	452	1.9	55	Grape leaves	7%	998	3.8	108
Sprouted alfalfa seeds	9%	496	15.3	435	Anchovies	7%	450	2.7	76
Plums	9%	72	7.7	217	Raspberries	7%	234	6.8	192
Cloves	9%	581	1.1	31	Rosemary, dried	7%	274	1.1	30
Lemon peel	9%	479	7.5	213	Pears, asian	7%	60	8.4	238
Limes	9%	222	11.8	333	Split peas	7%	192	1.0	29
Sage	8%	554	1.1	32	Sprouted lentils, cooked	7%	222	3.5	99
Garlic powder	8%	141	1.1	30	Ginko nuts	7%	104	1.9	55
Wild rabbit	8%	236	3.1	88	Beef tip round, lean, choice	7%	295	2.7	77
POST 100% BRAN	8%	320	1.2	35	Grapes	7%	44	5.1	145
Potatoes, au gratin, mix	8%	48	1.1	32	Sprouted peas, cooked	7%	160	3.6	102
Sweet yellow corn	8%	139	4.1	116	Lean pork	7%	291	2.5	70
Figs	8%	44	4.8	135	Onion powder	7%	86	1.0	29
Egg white	8%	327	6.8	192	Ham	7%	297	2.6	74
Tangerines, mandarin oranges	8%	124	6.7	189	Lentils	7%	229	1.0	28
Fava beans	8%	218	1.0	29	Apple juice,concentrate	7%	44	2.1	60
Mashed potato flakes	8%	116	1.0	28	Garlic	7%	213	2.4	67
Lobster	8%	417	3.9	111	European chestnuts, dried	7%	81	1.0	27
Dried plums	8%	44	1.5	42	Beef broth,from cube	7%	-584	117.6	3333
Sprouted lentils	8%	231	3.3	94	Beef, top sirloin lean	7%	289	2.7	76
Avocados raw	8%	142	2.2	63	Turkey, light meat	7%	317	3.1	87
Yellow beans	8%	211	1.0	29	Deer meat	7%	364	2.9	83
Peas	8%	285	4.4	123	Striped bass	7%	436	3.6	103
Cured Ham	8%	-5	3.3	94	Kumquats	7%	151	5.0	141
Potato chips	8%	70	0.6	18	Potato chips, barbecue	6%	61	0.7	20
Bluefish	8%	421	2.8	81	Hot cocoa, homemade	6%	107	4.6	130
Milk 2% with vitamin A	8%	162	7.1	200	Crabapples	6%	44	4.6	132
Fiber One	8%	519	1.8	50	Yogurt, plain, whole milk	6%	104	5.8	164
Stewed prunes	8%	32	3.3	93	Chicken gizzards	6%	100	3.8	106
Trout	7%	370	2.4	67	Raisins	6%	8	1.2	33
Pork chops, lean boneless	7%	288	2.5	71	Toasted wheat germ	6%	521	0.9	26
Sprouted peas	7%	180	2.8	78	Wheat germ, crude	6%	416	1.0	28
Goat milk	7%	97	5.1	145	European chestnuts	6%	88	1.8	51
Perch	7%	380	3.9	110	Manhattan clam chowder	6%	201	5.8	164
Leeks	7%	274	5.8	164	Pineapple juice w/vit C	6%	152	6.7	189

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Chestnuts, european	6%	101	1.4	41	Pork liver	5%	1241	2.6	75
Chickpeas (garbanzo)	6%	194	1.0	27	Apricot nectar, canned	5%	42	6.3	179
Mangos	6%	111	5.4	154	Pineapple, canned	5%	109	5.9	167
Pineapple	6%	243	7.3	208	Smart Start Soy Protein	5%	541	1.0	27
Lean beef, chuck	6%	278	2.5	72	Malted milk, chocolate	5%	86	4.1	118
Soy milk	6%	274	6.8	192	Chocolate-flavor milk	5%	96	4.1	118
Whole milk 3.25% fat	6%	123	5.9	167					
Swordfish	6%	388	2.9	83					
Potato sticks	6%	54	0.7	19					
Pink salmon, canned	6%	548	2.5	72					
Dates	6%	6	1.3	35					
Pork and beans, canned	6%	120	2.7	78					
Cod fish	6%	343	3.4	95					
Beef liver	6%	1808	2.6	74					
Oat bran	6%	330	1.4	41					
Oysters	6%	2266	5.2	147					
Turkey, dark meat	6%	270	2.8	80					
Canadian bacon	6%	-8	2.9	82					
Evaporated milk	6%	83	2.6	75					
Poultry seasoning	6%	392	1.1	33					
Chicken vegetable soup	6%	125	5.1	145					
Beef round, 1/4" fat	6%	242	1.8	52					
Veal liver	6%	2093	2.5	71					
Orange roughy	5%	380	4.6	132					
Orange peel	5%	274	3.6	103					
Cream of potato soup	5%	80	5.9	167					
Japanese chestnuts	5%	158	2.3	65					
Tempeh	5%	186	1.8	52					
Japanese chestnuts, dried	5%	158	1.0	28					
Tofu, firm	5%	277	5.0	143					
Chicken, light meat	5%	315	3.1	88					
Seaweed, kelp	5%	429	8.2	233					
Pumpkin and squash seeds	5%	98	0.8	22					
Yellow mustard	5%	298	5.3	149					
Apples	5%	23	6.8	192					
Vinegar, red wine	5%	42	18.6	526					
Pears	5%	37	6.1	172					
Tuna, canned in water	5%	473	3.0	86					