

# Potassium

## Fact Sheet



**Potassium** works along with sodium and chloride to maintain fluid balance in the body, as well as acid-base balance.

It also plays a role in glycogen (energy) storage, muscle function, nerve function, heart, kidneys, and adrenal glands. Regular intake of high potassium foods can help to control blood pressure.

### How much is that in terms of food?

Food	Serving Size	Potassium (mg)
Meat and Poultry		
Prosciutto	2 ½ oz (75g)	447
Turkey, breast	2 ½ oz (75g)	378
Pork loin, roasted	2 ½ oz (75g)	359
Steak	2 ½ oz (75g)	305
Fish and Shellfish		
Whitefish, baked or smoked	2 ½ oz (75g)	694
Salmon, smoked	2 ½ oz (75g)	525
Cod, baked or dried	2 ½ oz (75g)	510
Mackerel, raw	2 ½ oz (75g)	401
Meat Alternatives		
Beans, Adzuki boiled	¾ cup (175ml)	905
Beans, Lima boiled	½ cup (125ml)	839
Soybeans, edamame (raw)	½ cup (125ml)	706
Soybean, fermented products, tempeh	½ cup (125g)	618
Kidney beans, canned	¾ cup (175ml)	596
Pinto beans, canned	¾ cup (175ml)	557
Black-eyed peas	¾ cup (175ml)	549
Pumpkin seeds, roasted	2 tbsp (60ml)	454
Eggs	2 eggs	115

### How to get your daily total:

Option 1	
2 vegetarian chili with beans	889
½ avocado	487
1 cup beet greens	1309
½ cup dried soybeans	706
1 banana	422
2 tbsp pumpkin seeds	454
1/8 cup dried apricots	558
Total = 4822 mg	

Option 2	
2 tbsp pumpkin seeds	454
1 ½ cup beet greens	1963
Smoked salmon on a bagel	525
Steak with peas and carrots	305
Baked potatoe with plain yogurt	412
Total = 4164 mg	



### How much do you need?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	3000	3000
4-8 years	3800	3800
9-13 years	4500	4500
14-18 years	4700	4700
19-30 years	4700	4700
31+ years	4700	4700
Pregnancy	4700	
Lactation	4700	
Upper Limit	Not Determined	Not Determined

Food	Serving Size	Potassium (mg)
Grains		
Russet potato, baked	1 medium	952
Yam, baked	½ cup (125ml)	647
Wild rice, cooked	½ cup (125ml)	139
Quinoa, cooked	½ cup (125ml)	139
Spaghetti cooked	½ cup (125ml)	99
Vegetables and Fruit		
Beet Greens	1 cup (250ml)	1309
Swiss Chard	1 cup (250ml)	960
Spinach	1 cup (250ml)	838
Bok Choy	1 cup (250ml)	630
Brussel sprouts, cooked	½ cup(125ml)	247
Broccoli Cooked	½ cup(125ml)	230
Cantaloupe	½ cup(125ml)	214
Tomatoes	1 large	426
Mushrooms, Crimini	1 cup (250ml)	322
Tomato Paste	2 tbsp (60ml)	658
Apricot, Dried	2 tbsp (60ml)	558