



The Importance of Potassium

Potassium is a mineral salt (electrolyte) that is essential for maintaining the pH balance in our body fluids and in regulating our blood pressure, bone mass, nervous system, muscle function, and heart, kidney, and adrenal functions.

Some people with heart failure need to eat foods high in potassium. Many people with heart failure take a diuretic (water pill) to help their kidneys make more urine and get rid of excess fluid. This can cause potassium loss.

Doctors sometimes prescribe a potassium supplement and recommend eating more potassium-rich foods.

Every situation is different, so ask your healthcare team what's needed. People who have kidney problems or take certain medications may risk having potassium build up in their systems. And too much potassium can be just as harmful as too little.



High-Potassium Food Chart

Daily Recommended Potassium (K): 3,500 m

Food	Measure	Potassium Content	Food	Measure	Potassium Content
Raw, baby carrots	1 medium	24 mg	Cucumber	1 large	442 mg
Raw Lettuce	1 leaf	19 mg	Cantaloupe	1 cup	427 mg
Raw Onions	1 slice	20 mg	Pears	1 pear	333 mg
Fresh Strawberries	1 strawberry	18 mg	Mangoes	1 mango	323 mg
Raw Garlic	1 clove	12 mg	Avocado	1 avocado	975 mg
Jerusalem Artichokes	1 cup	644 mg	Crimini mushrooms	1 cup	390 mg
Raw Radishes	1 radish	10 mg	Honey	1 Tbsp.	11 mg
Raw Peppers	1 ring	18 mg	Swiss chard	2 leaves	364 mg
White Bread	1 slice	17 mg	Spinach	2 cups	335 mg
Papayas	1 papaya	781 mg	Broccoli, raw	1 cup	287 mg
Lima Beans	1 cup	955 mg	Celery, chopped	1 cup	263 mg
Plantains	1 medium	893 mg	Romaine	2 cups	232 mg
Bananas	1 banana	422 mg	Collard greens	1 cup	220 mg
Oat Bran	1 cup	532 mg	Tuna	3 oz.	484 mg
Tomatoes	1 cup	528 mg	Orange	1 medium	237 mg

REFERENCES: USDA Nutrient Database for Standard Reference, Release 15