

Foods that contain potassium (K+)

Your dietitian will discuss with you your potassium allowance per day. Below is a detailed list of foods that contain potassium, use this as a guide to help you stay within your allowance. Your dietitian will explain its importance and how many serves from each food group you need to meet your requirements.

Your potassium allowance is _____ points (mmols) per day.

Fruit

Have two serves of fruit per day. Choose options with 5 points (mmols) or less. If buying tinned fruit, choose fruit in syrup, not juice, and **drain as much syrup as possible**.

Fruit	Amount	Potassium points (mmols)
Custard apple	½ whole	10
Banana	1 medium	9
Nectarine (unpeeled)	1 medium	9
Vegetable juice (not tomato)	½ cup	9
Fruit medley – dried	¼ cup	8
Grapefruit	1 medium	8
Pineapple – fresh	1 slice (>2.4cm thick)	8
Mango	½ medium	7
Peach	1 medium	7
Kiwi fruit	1 whole	6
Nashi pear	1 whole	6
Olive – green, raw	¼ cup	6
Raisins	¼ cup	6
Tomato juice	½ cup	6
Apple	1 medium	5
Apricot	1 whole	5
Dried apricot	4 pieces	5
Orange	1 medium	5
Orange / orange mango / pineapple juice	½ cup	5
Boysenberry – canned	½ cup	4
Fig – dried	1 whole	4
Grapes – green and black	20 whole	4
Honeydew melon	½ cup (diced)	4
Mango – canned	½ cup of slices (110g)	4
Pear	1 whole	4
Prunes	3 prunes	4
Rockmelon	½ cup (diced)	4
Apple juice, apple blackcurrant juice	½ cup	3
Apricots – canned	2 whole	3
Blackberries	½ cup	3
Dried apple ring	4 rings	3
Fruit salad – canned	½ cup	3
'Fruit drink' (eg popper)	1 cup (250ml)	3
Grape juice, grapefruit juice	½ cup	3
Guava	1 whole	3
Guava – stewed	½ cup	3
Lemon	1 whole	3
Mandarin	1 medium	3

Fruit	Amount	Potassium points (mmols)
Olive – black	½ cup (whole olives)	3
Paw paw	½ cup (cubed)	3
Pineapple – canned	½ cup	3
Plum (5cm diameter)	1 whole	3
Apple – canned, diced	½ cup	2
Cherries	5	2
Cranberry juice	1 cup	2
Cranberries – stewed	½ cup	2
Lychee – canned	½ cup	2
Peach – canned	½ cup	2
Pear – canned	2 halves	2
Raspberries	½ cup	2
Rhubarb – stewed	½ cup	2
Strawberries	5 medium	2
Watermelon	½ cup diced	2
Blueberries	½ cup	1
Lychee – fresh	1	1
Passionfruit	1	1
Plum - canned	1 plum	1

Vegetables

Have four serves of vegetables per day. Choose options with 5 points (mmols) or less. Peel and boil vegetables where possible.

Vegetables	Amount	Potassium points (mmols)
Potato – mashed	½ cup	12
English spinach - cooked	½ cup	10
Pumpkin - baked	½ cup pieces	9
Potato – boiled	½ cup pieces	9
Potato - baked with or without skin	½ med (equiv to ~ ½ cup pieces)	9
Sweet potato - baked	½ cup pieces	9
Tomato	1 medium	9
Artichoke	½ cup	8
Baked beans	½ cup	8
Coleslaw – commercial (with dressing)	1 cup	8
Mushroom supreme – canned	½ cup	8
Parsnip	½ cup	8
Potato salad	½ cup	8
Soy beans	½ cup	8
Turnip	½ cup	8
Avocado	¼ whole (60g)	7
Potato – boiled	½ medium	7
Pumpkin - boiled	½ cup pieces	7
Kidney beans - red	½ cup	6
Okra	½ cup (from fresh)	6
Swede	½ cup	6
Sweet potato – boiled	½ cup pieces	6
Tomato puree	¼ cup	6
Tomato paste	1 tablespoon	5
Broccoli	½ cup florets	4
Brussel sprouts	2 sprouts	4

Vegetables	Amount	Potassium points (mmols)
Cauliflower	2 florets (5cm diameter)	4
Carrot	½ cup	4
Corn – cream style, canned	½ cup	4
Leek	½ cup	4
Radish	½ cup	4
Silverbeet	½ cup	4
Squash – button	½ cup	4
Salad, green without dressing	1 cup	4
Snowpeas	10 snowpeas	4
Tomato – canned	½ cup	4
Mixed vegetables – canned	½ cup	3
Asparagus – fresh	2 medium spears	2
Bean – green, fresh or canned	½ cup	2
Bean sprout	½ cup	2
Cabbage	½ cup (when raw)	2
Choko	½ cup	2
Corn – canned	½ cup	2
Eggplant	½ cup	2
Onion	½ cup	2
Peas – frozen or canned	½ cup	2
Tomato	3 thin slices	2
Tomato sauce	1 tablespoon	2
Zucchini	½ cup	2
Asparagus – canned	2 spears	1
Beetroot – canned	3 slice	1
Capsicum	2 rings	1
Carrot – baby, canned	½ cup	1
Celery	3 strips (10cm long)	1
Cucumber	8 slices	1
Lettuce	2 leaves	1
Mushroom – raw	1 medium	1

Breads and Cereals

Have at least five serves of breads and cereals per day. Choose lower potassium options where possible.

Breads and cereals	Amount	Potassium points (mmol)
Breads		
English muffin, fruit	1 muffin	4
Bread, Pumpnickel	1 slice	3
Bread, fruit loaf	1 slice	2
Bread, multigrain	1 slices	2
Bread, Wholemeal	1 slice	2
Bread, dark rye	1 slices	2
Bread roll, white	1 medium roll	2
Chapati	1 chapati (35g)	2
Croissant	1 med (67g)	2
English muffin, white	1 muffin	2
Scone, plain	1 scone (35g)	2
Scone, fruit	1 scone (34g)	2

Breads and cereals	Amount	Potassium points (mmol)
Bread, white	1 slice	1
Crumpet, white	1 round	1
Pikelet	1 pikelet (35g)	1
Pancake, Plain	1 pancake ~13cm diameter	1
Breakfast Cereals		
All bran	1 cup	16
Just Right	1 cup	10
Sultana Bran	1 cup	7
Muesli	½ cup	6
Weet bix	3 biscuits	4
Oats	½ cup (raw)	4
Nutrigrain	1 cup	2
Wheat bran (unprocessed)	1 Tablespoon	2
Wheatgerm	1 Tablespoon	2
Rice bubbles	1 cup	1
Cornflakes	1 cup	1
Oats	½ cup (cooked)	1
Puffed wheat	1 cup	1
Special K	1 cup	1
Rice, Pasta, Noodles, Biscuits		
Pasta in meat/tomato based sauce	½ cup	3
Pasta (cooked)	½ cup	2
Pasta in cream sauce	½ cup	2
Pasta in tomato sauce	½ cup	2
Rice, Brown (cooked)	½ cup	2
Barley, pearl (boiled)	½ cup	2
Shapes	½ cup	2
Noodles, (instant)	½ cup	1
Rice cake	2 rice cakes	1
Sao	2 biscuits	1
Water cracker	8 biscuits	1
Wholemeal crispbread	2 biscuits	1
Rice, white (cooked)	½ cup	1
Cous cous	½ cup	0.5
Noodles (egg)	½ cup	0.5
Semolina	½ cup	0.5
Noodles (rice)	1 cup	0
Flours		
Flour, wholemeal plain	½ cup	6
Flour white self raising	½ cup	3
Flour, white, plain	½ cup	3
Flour, corn flour	2 tspn	0
Flour, arrowroot	½ cup	0

Dairy products

Have at least two serves of reduced fat dairy products per day. Choose lower potassium options where possible.

Dairy products	Amount	Potassium points (mmols)
Condensed milk	½ cup	18

Evaporated Milk	½ cup	13
Frozen yoghurt - fruit	200g (1 tub)	12
Yoghurt – plain	200g (1 tub)	12
Yoghurt – fruit	200 g (1 tub)	10
Soy milk	1 cup (250ml)	8
Milk powder, whole, dry	¼ cup	8
Buttermilk	½ cup	7
Fruche	200g (1 tub)	6
Milkshake - chocolate	½ cup	6
Custard (full cream or low fat)	½ cup	5
Milk	½ cup	5
Ice Cream	½ cup	5
Creamed Rice	½ cup	3
Soy yoghurt	200g (1tub)	2
Cheese – cheddar, mozzarella, swiss	2 slices	1
Cheese – ricotta, cottage	2 Tablespoon	1
Cream – pure	2 Tablespoon	1
Rice Milk (So good)	1 cup (250ml)	1
Sour Cream	2 Tablespoon	1
Cream cheese	2 teaspoon	0.3

Meat Products

Your dietitian will discuss with you how many meat serves you need and appropriate options for you to meet your requirements. Choose lean meat and lower potassium options where possible.

Meat products	Amount	Potassium points (mmols)
Fish (snapper)	120g	20
Fish (cod, flake)	120g	16
Salmon (cooked)	120g	16
Tuna (cooked)	120g	16
Fish (whiting, perch, bream)	120g	12
Pork	100g	12
Mince (beef)	100g	12
Brains	1 cup	11
Liver	1 cup	10
Sardines (tinned, in tomato sauce)	1 tin (120g)	9
Beef	100g	8
Lamb	100g	8
Turkey	100g	8
Veal	100g	8
Bacon (cooked)	2 Rashers (60g)	8
Lobster	120g	8
Prawn	8 King Prawns (120g)	8
Sardines (tinned, in water)	1 tin (120g)	7
Salmon (tinned)	1 small can	6
Calamari	6 calamari rings (120g)	6
Corned Beef (tinned)	100g	4
Chicken	100g	4
Scallops	8 scallops (120g)	4
Tuna (tinned)	1 small can (95g)	4

Meat products	Amount	Potassium points (mmols)
Fish Finger	2 fish fingers	3
Oyster	4 Oysters, natural	3
Ham	2 thin slices (40g)	3
Egg	2 small eggs	2
Salami	2 slices	2
Crab	1 cup (120g)	1
Tripe	1 cup	1

Meat Alternatives

Choose lower potassium options where possible.

Meat Alternatives	Amount	Potassium points (mmol)
Almonds, blanched	$\frac{1}{3}$ cup	9
Baked beans	$\frac{1}{2}$ cup	8
Cashews, roasted	$\frac{1}{3}$ cup	7
Peanuts, raw	$\frac{1}{3}$ cup	7
Four Bean Mix (tinned, drained)	$\frac{1}{3}$ cup	6
Lentil (tinned, drained)	$\frac{1}{3}$ cup	5
Macadamia, raw	$\frac{1}{3}$ cup	4
Sunflower seeds	$\frac{1}{4}$ cup	4
Peanut Butter	1 Tablespoon	4
Chickpea (tinned, drained)	$\frac{1}{2}$ cup	3
Sesame seeds	$\frac{1}{4}$ cup	2
Tofu	90g	1

Extra foods

These are treat foods and most are high in fat, sugar and/or salt, therefore should be limited. Choose lower potassium options where possible and aim for 5 points (mmols) or less per day.

Extra foods	Amount	Potassium points (mmols)
Savoury foods		
Canned or homemade soup	1 cup	15
Potato crisps	50g ($\frac{1}{2}$ regular packet)	15
Potato chips - hot fried	1 cup	12
Sausage roll	1 roll	6
Meat pie	1 individual (170g)	5
Corn chips	50g ($\frac{1}{2}$ regular packet)	2
Condiments/sauces		
Worcestershire sauce	1 Tablespoon	7
Peanut butter	1 Tablespoon	4
Vegemite / Marmite	1 teaspoon	4
Tomato sauce	1 Tablespoon	2
Barbeque sauce	1 Tablespoon	1
Brown sugar	4 teaspoons	1
Cocoa powder	1 teaspoon	1
Curry powder	2 teaspoons	1
Golden syrup	1 teaspoon	1

Extra foods	Amount	Potassium points (mmols)
Gravy powder	1 ½ Tablespoon (25g)	1
Oyster sauce	1 Tablespoon	1
Soy sauce	1 Tablespoon	1
Drinks		
Iced coffee	1 cup (250ml)	12
Beer – stout	1 stubby (375ml)	6
Cider – alcoholic, draught	1 bottle (375 mls)	5
Coffee – cappuccino, latte, espresso	1 coffee cup (180 mls)	5
Beer	1 stubby (375ml)	3
Coffee - black, from ground, regular or decaf	1 coffee cup (180 mls)	3
Wine – red	1 wine glass (150mls)	3
Coffee - black, from instant, regular	1 coffee cup (180 mls)	2
Wine – white or rose	1 wine glass (150mls)	2
Bonox / Bovril	1 teaspoon (8g)	1
Chocolate topping	1 Tablespoon	1
Coffee - black, from instant, decaf	1 coffee cup (180mls)	1
Milo, Ovaltine, drinking chocolate	2 teaspoons (5g)	1
Sherry - sweet	1 sherry glass (55mls)	1
Wine – sparkling, de-alcoholised	1 wine glass (150mls)	1
Spirit: Vodka, whiskey	30ml nip	0
Tang	1 cup (250ml)	0
Sweet foods		
Carob - plain	4 pieces (4x4cm, 2mm thick)	5
Liquorice	20g	5
Fruit based bar with yoghurt	1 bar (52g)	5
Fruit and nut biscuit	2 biscuits	4
Cheese cake	60g	3
Chocolate - milk	4 squares or 1 funsize	3
Coconut - desiccated	¼ cup	3
Creamed Rice	½ cup	3
Molasses	1 teaspoon	3
Muesli bar - chocolate coated	1 bar (32g)	3
Treacle	1 teaspoon	3
Chocolate cake	1 slice (40g)	2
Chocolate – white and dark	4 squares or 1 funsize	2
Cream filled choc coated biscuit	2 biscuits	2
Lamington	2 fingers	2
Fruit cake	1 slice (40g)	2
Muesli bar – plain (no yogurt or chocolate)	1 bar (28g)	2
Caramels	30g (4 pieces)	1
Cream biscuit	2 biscuits	1
Cream biscuit with choc flavour	2 biscuits	1
Carrot cake	1 slice (40g)	1
Sponge cake	1 slice (40g)	1
Swiss roll	1 small individual	1
Shortbread	2 biscuits	1
Oatmeal	2 biscuits	1
Jam filled	2 biscuits	1
Scotch finger	2 biscuits	1

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