

POTASSIUM

While there is no Recommended Daily Allowance (RDA) of Potassium currently established, it is believed that 1600 – 2000 mg is sufficient. (Until about 2 years ago, the RDA was 4700 mg)

Foods Containing the Highest Levels of Potassium (K mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5
2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods, and Select Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

| Description | Potassium, K(mg) Per 100 g |
|--|----------------------------|
| Lambsquarters, raw (Northern Plains Indians) | 1270 |
| Litchis, dried | 1110 |
| Lambsquarters, steamed (Northern Plains Indians) | 1070 |
| Arrowhead, raw | 922 |
| Yam, raw | 816 |
| Beet greens, raw | 762 |
| Plums, dried (prunes), uncooked | 732 |
| Amaranth leaves, raw | 611 |
| Waterchestnuts, chinese, (matai), raw | 584 |
| Potatoes, baked, skin | 573 |
| Chrysanthemum leaves, raw | 567 |
| Spinach, raw | 558 |
| Parsley, fresh | 554 |
| Potatoes, Russet, flesh and skin, baked | 550 |
| Bamboo shoots, raw | 533 |
| Coriander (cilantro) leaves, raw | 521 |

| | |
|--|-----|
| Sweet potato leaves, raw | 508 |
| Avocados, raw | 507 |
| Mushrooms, Chanterelle, raw | 506 |
| Fireweed, leaves, raw | 494 |
| Purslane, raw | 494 |
| Kale, raw | 491 |
| Soybeans, mature seeds, sprouted, raw | 484 |
| Borage, raw | 470 |
| Squash, zucchini, baby, raw | 459 |
| Potatoes, red, flesh and skin, raw | 455 |
| Arrowroot, raw | 454 |
| Kale, scotch, raw | 450 |
| Mushrooms, brown, italian, or crimini, raw | 448 |
| Pumpkin leaves, raw | 436 |
| Jerusalem-artichokes, raw | 429 |
| Rose Hips, wild (Northern Plains Indians) | 429 |
| Mushrooms, oyster, raw | 420 |
| Chicory greens, raw | 420 |
| Ginger root, raw | 415 |
| Fennel, bulb, raw | 414 |
| Mushrooms, morel, raw | 411 |
| Garlic, raw | 401 |
| Dandelion greens, raw | 397 |
| Dock, raw | 390 |
| Brussels sprouts, raw | 389 |
| Mustard greens, raw | 384 |
| Peas, mature seeds, sprouted, raw | 381 |
| Salsify, (vegetable oyster), raw | 380 |
| Chard, swiss, raw | 379 |
| Chokecherries, raw, pitted (Northern Plains Indians) | 379 |
| Parsnips, raw | 375 |
| Artichokes, (globe or french), raw | 370 |
| Arugula, raw | 369 |
| Plums, wild (Northern Plains Indians) | 364 |
| Mushrooms, portabella, raw | 364 |
| Mushrooms, enoki, raw | 359 |
| Bananas, raw | 358 |
| Seaweed, laver, raw | 356 |
| Squash, winter, butternut, raw | 352 |

| | |
|---|-----|
| Avocados, raw, Florida | 351 |
| Squash, winter, all varieties, raw | 350 |
| Passion-fruit, (granadilla), purple, raw | 348 |
| Squash, winter, acorn, raw | 347 |
| Peppers, hot chili, green, raw | 340 |
| Pumpkin, raw | 340 |
| Stinging Nettles, blanched (Northern Plains Indians) | 334 |
| Watercress, raw | 330 |
| Beets, raw | 325 |
| Broccoli, stalks and flowerettes, raw | 325 |
| Lentils, sprouted, raw | 322 |
| Currants, european black, raw | 322 |
| Carrots, raw | 320 |
| Squash, winter, hubbard, raw | 320 |
| Mushrooms, white, raw | 318 |
| Endive, raw | 314 |
| Kiwifruit, green, raw | 312 |
| Persimmons, native, raw | 310 |
| Cattail, Narrow Leaf Shoots (Northern Plains Indians) | 309 |
| Burdock root, raw | 308 |
| Beans, navy, mature seeds, sprouted, raw | 307 |
| Rutabagas, raw | 305 |
| Peppers, serrano, raw | 305 |
| Mushrooms, shiitake, raw | 304 |
| Radicchio, raw | 302 |
| Cauliflower, green, raw | 300 |
| Celery, raw | 300 |
| Cauliflower, raw | 299 |
| Chives, raw | 296 |
| Turnip greens, raw | 296 |
| Chicory roots, raw | 290 |
| Rhubarb, rawRhubarb, raw | 288 |