



POTASSIUM CONTENT IN CULTURAL FOODS

Below are lists of fruits and vegetables often used in multicultural cuisines. The foods are listed by the approximate amount of potassium they contain. There are many spelling variations and names for some of these foods and we have attempted to identify those most commonly used.

*Important Notes: Please be aware that various resources and renal programs use **different cut-off levels** to determine which foods are lower or Lower sources of potassium. Therefore, you may find some variations in potassium diet resources and food lists.*

*The food lists below use **200mg per serving as the cut-off level**. If you are in doubt about a particular food, please ask your registered dietitian.*

The Canadian Nutrient File was used to determine potassium content except where indicated.

*** all foods follow ½ cup serving (125 ml), unless otherwise indicated, if the whole fruit/vegetable is used for potassium measurements**

FIRST NATIONS FOODS	
FRUITS	
Lower potassium choices	Higher potassium choices
Blackberries, raw (59 mg wild /123 mg farmed)	Elderberry, raw (214 mg)
Blueberries, raw (59 mg)	Raisins, raw (<i>sultana</i>) (574 mg)
Cranberries, raw (43 mg)	
Chokecherry, raw (183 mg)	
Cloudberry, raw (<i>or “bakeapple”</i>) (144 mg)	
Crabapple, raw (113 mg)	

Groundcherry (or “Cape Gooseberry, Golden Berry”), raw (115 mg)	
Lingonberries, raw (65 mg)	
Persimmon, Native, raw (2 fruits; 155 mg)	
Raspberries, raw (98 mg)	
Saskatoon Berries, raw (81 mg)	
Strawberries, raw (134 mg)	
VEGETABLES	
Lower potassium choices	Higher potassium choices
Corn, yellow (189 mg)	Butternut squash (308 mg)
Squash, summer variety (183 mg)	Potato (312.5 mg)
Snap Beans, green or yellow (113 mg)	Pumpkin (298 mg)
	Seaweed, Canadian dried (311 mg)

ASIAN FOODS

CHINESE

FRUITS

Lower potassium choices

Higher potassium choices

Jujubes, raw (5 medium fruits) (or “Chinese dates, red dates”) (175 mg)

Kumquats, raw (209.25 mg)

Longan, raw (20 fruits) (170 mg)

Lychee, raw (10 fruits) (164 mg)

Mangosteen, canned and drained (50 mg)

Pear, Asian, raw (166.5 mg)

Tangerine (mandarin orange), medium, raw (146 mg)

VEGETABLES

Lower potassium choices

Higher potassium choices

Alfalfa seeds, sprouted, raw (14 mg)

Amaranth Leaves (or “Chinese spinach”, “yien choy”) (447 mg)

Cabbage, Chinese (141 mg)

Bok choy (333 mg)

Gai Lan (or “Chinese broccoli”) (121 mg)

Chrysanthemum garland/leaves (or “chop suey”) (301 mg)

Longbean (or “yardlong bean”) (159 mg)

Lotus root (230 mg)

Water chestnuts, canned and drained (87 mg)	Snow peas (203 mg)
Watercress, raw (119 mg)	
Wax gourd, Chinese (5 mg)	
JAPANESE/KOREAN	
FRUITS	
Lower potassium choices	Higher potassium choices
Fuji apple, raw (63 mg)	Persimmon, Japanese (1 medium fruit), raw (270 mg)
Pear, <i>Asian</i> , raw (74 mg)	
VEGETABLES	
Lower potassium choices	Higher potassium choices
Cabbage, <i>napa</i> , raw (98 mg)	Adzuki beans, boiled (646 mg)
Cabbage, <i>raw, shredded</i> (60 mg)	Burdock root (238 mg)
Nori, seaweed (176 mg)	Edamame (<i>or soybeans</i>) (513 mg)
Onion, spring (green) or scallion (146 mg)	Mung beans (284 mg)
Radish, <i>daikon</i> , raw (139 mg)	Sweet potato, <i>without skin</i> (399 mg)
Seaweed, <i>Agar</i> , dried (89 mg)	
Spinach, <i>raw</i> (88.5 mg)	

FILIPINO	
FRUITS	
Lower potassium choices	Higher potassium choices
Mango, raw (147 mg)	Bitter melon (209 mg)
Pineapple, raw (95 mg)	Cantaloupe, raw (226 mg)
Watermelon, raw (90 mg)	Coconut milk, canned (252 mg)
	Durian/Jackfruit, raw (560 mg)
	Guava, raw (364 mg)
	Honeydew, raw (205 mg)
	Passion fruit, raw (434 mg)
VEGETABLES	
Lower potassium choices	Higher potassium choices
Talong, <i>Eggplant</i> (99 mg)	Cassava/Taro (338 mg)
Singkamas, <i>jicama</i> (95 mg)	Callaloo (Taro leaves), steamed (352 mg)

SOUTHEAST ASIAN/PACIFIC ISLANDER	
FRUITS	
Lower potassium choices	Higher potassium choices
Blackcurrant, raw (191 mg)	Cassava (or “yucca root”), raw (295 mg)
Longan (20 pieces), raw (170 mg)	Carambola (star fruit), 1 small fruit - 70g, raw (93 mg) Do not eat – can be toxic for kidney patients
Olives, pickled, canned or bottled (32.5 mg)	Coconut meat, raw, (446 mg)
Rambutan, canned (33 mg)	Plantain, cooked (378 mg)
Rose-apple, raw (123 mg)	
VEGETABLES	
Lower potassium choices	Higher potassium choices
Bean sprouts, mung (66 mg)	Basil leaves (390 mg)
Mustard greens (113.5 mg)	Bamboo shoots, boiled, drained (338 mg)
	Drumstick pods (or “moringa”) (270 mg)
	Lemon grass (citronella), raw (256 mg)
	Kohlrabi, raw (250 mg)

MIDDLE EASTERN CUISINES

EASTERN EUROPEAN CUISINES

FRUITS

Lower potassium choices

Higher potassium choices

Cucumber (92 mg)

Figs, 1 medium fruit, raw (116 mg)

Grapes, European, red or green (152.5 mg)

Quince, 1 fruit, raw (181 mg)

Peppers, sweet, green, raw (138 mg)

VEGETABLES

Lower potassium choices

Higher potassium choices

Arugula (or "rocket"), raw (39 mg)

Artichoke hearts (254 mg)

Cabbage (155 mg)

Artichoke, Jerusalem (340 mg)

Celeriac (or "celery root", "turnip-rooted celery") (142 mg)

Asparagus (213 mg)

Chicory (or "Belgium Endive"), raw (100 mg)

Beet greens (692 mg)

Chicory greens, raw (64 mg)

Beets (274 mg)

Collards (117 mg)

Cardoon (490 mg)

Coriander (or “cilantro”), raw (44 mg)	Celery (225 mg)
Crookneck squash (168 mg)	Chickpeas (or “garbanzo beans”) (252 mg)
Dandelion greens (129 mg)	Jute, (or “pothorb”) (253 mg)
Eggplant (64 mg)	Kidney beans (or “red beans”) (377 mg)
Endive/Escarole, raw (83 mg)	Parsnips (302 mg)
Fava beans (or “broadbeans”), fresh (173 mg)	Sorrel (or “dock, sour grass, wild rhubarb”) (202 mg)
Fennel, raw (190 mg)	White beans (or “cannellini”) (531 mg)
Fiddlehead greens (ferns), frozen, boiled and drained (161.25 mg)	
Grape leaves, raw (20 mg)	
Hominy, canned (7.5 mg)	
Irishmoss (seaweed), raw (27 mg)	
Leeks, bulb and leaf portion (94 mg)	
Mushroom, Cremini (166 mg)	
Onion (184 mg)	
Radicchio, raw (64 mg)	
Rutabaga, Swede (194 mg)	
Spaghetti squash (96 mg)	

Turnip (146 mg)	
Turnip greens (154 mg)	

SOUTH ASIAN (PUNJABI) CUISINES

FRUITS	
Lower potassium choices	Higher potassium choices
Boysenberry, frozen, raw (97 mg)	Dates, medjool (3 pitted fruits), raw (501 mg)
Casaba melon, raw (163 mg)	Guava, raw (364 mg)
Clementine, raw (182 mg)	Hearts of palm, raw (2257.5 mg)
Loganberry, frozen, raw (113 mg)	Loquat, raw (210 mg)
Lychee (litchi), raw (172 mg)	Passion Fruit, purple, raw (434 mg)
Pomegranate, raw (217 mg)	Sapota (or “sapodilla”), raw (245.5 mg)
Rose-apple (1 small fruit - 6.4cm diameter), raw (123 mg)	Tamarind, raw (398 mg)
	Taro shoots, cooked (254 mg)
VEGETABLES	
Lower potassium choices	Higher potassium choices
Calabash (131 mg)	Black-eyed peas (or “cowpeas”) (339 mg)

Malabar spinach (60 mg)	Pigeon peas (369 mg)
	Purslane (296 mg)
	Taro leaves, steamed (352 mg)

SOUTH AMERICAN CUISINE

FRUITS

Lower potassium choices	Higher potassium choices
Acai puree, 57g packet (60 mg) *	Breadfruit, raw (570 mg)
Acerola Cherry (or “West Indian cherry”), raw (76 mg)	Cherimoya (or “custard apple”), raw (227.5 mg)
Chayote squash (146 mg)	Chilies, hot red or green, raw (296 mg)
Feijoa (or “pineapple guava”) (1 fruit), raw (86 mg)	Pepitas (or “pumpkin seeds”), roasted (1148.75 mg)
Nopales, prickly pear (117 mg)	Pink bean (or “rosada”) (454 mg)
Papaya, raw (134.5 mg)	Sapota, mamey, raw (567.5 mg)
Pitanga, raw (94 mg)	Tomatoes, sliced, raw (225.5 mg)
Tomatillo, chopped/diced, raw (187 mg)	
Tomatoes, cherry, raw (186.5 mg)	

VEGETABLES	
Lower potassium choices	Higher potassium choices
Corn, yellow (189 mg)	Avocado, raw (385 mg)
Jalapeno, raw (118 mg)	Black beans, boiled (423 mg)
Okra (114 mg)	Chard, Swiss (508 mg)
Swamp cabbage (or “skunk cabbage”, “water convulvolus”) (147 mg)	Pinto beans, boiled (394 mg)
	Refried beans, canned (425 mg)

COMMON FRUITS	
Lower potassium choices	Higher potassium choices
Apple, raw (62 mg)	Avocado, raw (385 mg)
Grape, raw (153 mg)	Banana, raw (284 mg)
Nectarine, raw (146.5 mg)	Kiwi, raw (297 mg)
Peach, raw, (155 mg)	Yam (481 mg)

Notes:

- Resource: database of Chinese traditional foods with mg K

* retrieved from USDA database

The material contained on this fact sheet does not constitute medical advice and is intended for informational purposes only. No one associated with The Kidney Foundation of Canada will answer medical questions via email. Please consult a health care professional for specific treatment recommendations.