

Fruits, vegetables, dairy products, and beans are good sources of potassium.

Here is a list of high potassium foods*:

Low-Sodium V-8 juice (12oz)	1080mg
Baked potato (1 medium)	941mg
Prune juice (1 cup)	707mg
White beans (1/2 cup)	595mg
Yogurt-plain, non-fat (1 cup)	579mg
Sweet potato (1 medium)	542mg
Salmon (Atlantic, wild)	534mg
Orange juice (1 cup)	496mg
Lima beans (1/2 cup)	478mg
Great Northern beans (1/2 cup)	460mg
Halibut (3oz)	449mg
Tuna, yellowfin (3oz)	448mg
Banana (1 medium)	422mg
Spinach, cooked (1/2 cup)	390mg
Fat-free (Skim) milk (1 cup)	382mg

*Not recommended for people with kidney disease