

Sources of potassium

Potassium is an essential mineral and electrolyte. It is crucial for maintaining fluid balance, supporting proper heart function, and helping regulate muscle and nerve function.

The Adequate Intake (AI) for potassium is 3,800 mg daily for adult men and 2,800 mg daily for women 19+ years 2800 mg daily for pregnant women and 3200 mg daily for breastfeeding women.



| Food (serving size) | Potassium (mg) |
|--|----------------|
| Potato , baked, with skin (1 medium) | 926 |
| Apricots , dried (95g, ½ cup) | 755 |
| Mushroom , common, raw (100g, 1 cup) | 643 |
| Prunes , dried (90g, ½ cup) | 635 |
| Snapper , fillet, baked (100g) | 615 |
| Mackerel , grilled (100g) | 611 |
| Yellowfin tuna , baked (100g) | 608 |
| Coconut water (1 cup) | 600 |
| Spinach , cooked (100g, ½ cup) | 570 |
| White (cannellini) beans, cooked (90g, ½ cup) | 500 |
| Orange juice (1 cup) | 496 |
| Silverbeet , chopped, boiled (90g, ½ cup) | 481 |
| Tomato paste (50g, 3 tablespoons) | 439 |
| Banana (1 medium) | 422 |
| Sardine , Australian, whole (100g) | 402 |
| Kidney beans , canned (90g, ½ cup) | 390 |
| Chicken , breast, grilled (100g) | 375 |
| Lentils , cooked (100g, ½ cup) | 366 |
| Milk , cow, regular fat (1 cup) | 366 |
| Sweet potato , cooked (1 medium) | 347 |
| Avocado , no seed (½ medium) | 345 |
| Turkey , breast, baked (100g) | 330 |
| Watermelon (286g, 1 wedge) | 320 |
| Beets , cooked (100g, 2 beets) | 305 |
| Butternut squash , cooked, cubed (100g, ½ cup) | 291 |
| Yoghurt , natural, regular fat (3%) (125g, ½ cup) | 288 |
| Pistachio nuts (30g, ¼ cup) | 285 |
| Rockmelon (100g, ¼ small melon) | 267 |
| Pumpkin seeds , hulled (30g, ¼ cup) | 246 |
| Chickpeas , cooked (82g, ½ cup) | 239 |
| Almonds , raw with skin (30g, ¼ cup) | 208 |