

List of Potassium Rich Foods



Here's a list of potassium rich foods you can include in your diet today:

Foods with Potassium	Serving Size	Potassium (mg)
Apricots, dried	10 halves	407
Avocados, raw	1 ounce	180
Bananas, raw	1 cup	594
Beets, cooked	1 cup	519
Brussel sprouts, cooked	1 cup	504
Cantaloupe	1 cup	494
Dates, dry	5 dates	271
Figs, dry	2 figs	271
Kiwi fruit, raw	1 medium	252
Lima beans	1 cup	955
Melons, honeydew	1 cup	461
Milk, fat free or skim	1 cup	407
Nectarines	1 nectarine	288
Orange juice	1 cup	496
Oranges	1 orange	237
Pears (fresh)	1 pear	208
Peanuts dry roasted, unsalted	1 ounce	187
Potatoes, baked,	1 potato	1081
Prune juice	1 cup	707
Prunes, dried	1 cup	828
Raisins	1 cup	1089
Spinach, cooked	1 cup	839
Tomato products, canned sauce	1 cup	909
Winter squash	1 cup	896
Yogurt plain, skim milk	8 ounces	579

List of Magnesium Rich Foods



Here's a list of magnesium rich foods you can include in your diet today:

Foods with Magnesium	Milligrams (mg)	% Daily Value
Halibut, cooked, 3 ounces	90	20
Almonds, dry roasted, 1 ounce	80	20
Cashews, dry roasted, 1 ounce	75	20
Soybeans, mature, cooked, ½ cup	75	20
Spinach, frozen, cooked, ½ cup	75	20
Nuts, mixed, dry roasted, 1 ounce	65	15
Cereal, shredded wheat, 2 rectangular biscuits	55	15
Oatmeal, instant, fortified, prepared w/ water, 1 cup	55	15
Potato, baked w/ skin, 1 medium	50	15
Peanuts, dry roasted, 1 ounce	50	15
Peanut butter, smooth, 2 Tablespoons	50	15
Wheat Bran, crude, 2 Tablespoons	45	10
Blackeyed Peas, cooked, ½ cup	45	10
Yogurt, plain, skim milk, 8 fluid ounces	45	10
Bran Flakes, ½ cup	40	10
Vegetarian Baked Beans, ½ cup	40	10
Rice, brown, long-grained, cooked, ½ cup	40	10
Lentils, mature seeds, cooked, ½ cup	35	8
Avocado, California, ½ cup pureed	35	8
Kidney Beans, canned, ½ cup	35	8
Pinto Beans, cooked, ½ cup	35	8
Wheat Germ, crude, 2 Tablespoons	35	8
Chocolate milk, 1 cup	33	8
Banana, raw, 1 medium	30	8
Milk Chocolate candy bar, 1.5 ounce bar	28	8
Milk, reduced fat (2%) or fat free, 1 cup	27	8
Bread, whole wheat, commercially prepared, 1 slice	25	6
Raisins, seedless, ½ cup packed	25	6
Whole Milk, 1 cup	24	6
Chocolate Pudding, 4 ounce ready-to-eat portion	24	6