

Dr. Crowley's Farmacy

Potassium -

Maintains Fluid Balance and Bone Health
Supports Muscle and Nerve Function
Regulates Blood Pressure, Prevents Kidney Stones

The following foods are a great source of Potassium

Meat:

Boneless Pork Loin Chop 770 mg
Salmon Filet 628 mg
Canadian Bacon 3 oz 598 mg
Roasted cured ham 1 cup 573 mg
Halibut Filet 490 mg
Red Snapper and Tuna 484 mg
Ribeye steak 6 oz 438 mg
Top Loin, chuck or ribs 370-400 mg
Roasted Lamb 380 mg
Ground turkey or chicken 538-575 mg
3 oz turkey leg, thigh, breast 230 mg
3 oz chicken leg, thigh, breast 230 mg

Fruit:

Avocado 975 mg
Guava 1 cup 688 mg
Kiwi 1 cup 562 mg
Banana 1 cup 537 mg
Cantaloupe 1 cup 473 mg
Pomegranate 1 cup 411 mg
Apricots 1 cup 401 mg
Honeydew Melon 1 cup 388 mg
Cherries 1 cup 342 mg
Oranges 1 cup 326 mg
Grapefruit 1 cup 320 mg
Strawberries 1 cup 254 mg
Blackberries 1 cup 233 mg

Vegetables:

Lima Beans 1 cup 969 mg
Med. Baked potato with skin 926 mg
Spinach, cooked 1 cup 839 mg
White mushrooms cooked 1 C. 555 mg
Sweet Potatoes, mashed 1 cup 536 mg
Tomato, cooked 1 cup 523 mg
Brussel Sprouts 1 cup 495 mg
Broccoli, cooked 1 cup 457 mg
Artichokes, cooked 1 cup 444 mg
Green Peas, cooked 1 cup 434 mg
Asparagus, cooked 1 cup 403 mg
Sweet Corn, cooked 1 cup 392 mg

Nuts and Seeds:

Coconut Water 1 cup 600 mg
Hemp seeds 1 oz 341 mg
Pistachios 1 oz 286 mg
Pumpkin Seeds 1 oz 261 mg
Flax Seeds 1 oz 231 mg
Hazelnuts 1 oz 214 mg
Almonds 1 oz 208 mg
Brazil Nuts 1 oz 187 mg
Sunflower Seeds 1 oz 181 mg
Dry Roasted Peanuts 1 oz 180 mg
Pine Nuts 1 oz 178 mg
Cashews 1 oz 160 mg
Dried coconut 1 oz 154 mg

"Let food be thy medicine and medicine be thy food" Hippocrates