

Food	Potassium (Mg)
½ avocado	548
½ C cooked squash	535
½ C raisins	544
10 dried apricot halves	482
1 baked potato w/skin	477
1 C orange juice	473
1 whole banana	467
¼ honeydew melon	434
1 C nonfat milk	407
3 oz. fresh fish	405
½ C lima beans	398
1 C papaya slices	360

Source: Hope Heart Institute, Seattle