



Guía de Potasio en la Dieta (100 alimentos)

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Meta general para adultos: **4,700 mg de potasio al día** (ajustar según función renal, medicamentos y criterio médico).

Cómo usar esta tabla: el potasio está expresado en **mg por porción** (medida casera) según tablas oficiales de USDA/FNDDS. Use las porciones como referencia práctica.

Precaución: si hay enfermedad renal crónica, hiperpotasemia, o uso de IECA/ARA-II/espironolactona/eplerenona, individualizar metas y restricciones.

Frutas y jugos

Alimento	Porción	K (mg)
Apricots, dehydrated (low-moisture), sulfured, 1 cup	1 cup	2,202
Orange juice, frozen concentrate, unsweetened, 1 cup	1 cup	1,648
Peaches, dehydrated (low-moisture), sulfured, 1 cup	1 cup	1,341
Apricots, dried, sulfured, stewed, without added sugar, halves	1 cup	1,028
Grapefruit juice, white, frozen concentrate, unsweetened, 1 cup	1 cup	1,002
Pears, dried, sulfured, stewed, without added sugar, halves	1 cup	658
Kiwifruit, green, raw	1.0 cups, sliced	562
Orange juice, chilled, includes from concentrate, 1 cup	1 cup	443
Orange juice, chilled, includes from concentrate, 1 cup	1 cup	443
Grapefruit, sections, canned, juice pack, solids and liquids	1 cup	421
Grapefruit juice, white, canned, sweetened	1.0 cups	405
Apricots, canned, heavy syrup pack, with skin, solids and liquids	1 cup	361

Verduras

Alimento	Porción	K (mg)
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/2" dia.)	614
Tomato products, canned, puree, with salt added	1.0 cups	1,098

Tomato products, canned, puree, without salt added	1.0 cups	1,098
Tomato products, canned, sauce, with onions	1.0 cups	1,012
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	995
Seeds, pumpkin and squash seed kernels, roasted, with salt added	1/2 cup	930
Potatoes, scalloped, home-prepared with butter	1.0 cups	926
Tomato products, canned, sauce, with tomato	1.0 cups	910
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	734
Mountain yam, hawaii, cooked, steamed, with butter	1.0 cups, cubes	718
Potatoes, mashed, dehydrated, flakes without butter	1.0 cups	659
Squash, winter, acorn, cooked, boiled, mashed, with butter	1.0 cups	644
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups	644
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups	631
Cabbage, chinese (pak-choi), cooked, boiled, drained	1.0 cups	631
Squash, summer, zucchini, italian style, canned	1.0 cups	622
Squash, winter, butternut, cooked, baked, with butter	1.0 cups, cubes	582
Sweet potato, cooked, baked in skin, flesh, with medium (2" dia, 5" long)	1.0 medium (2" dia, 5" long)	542
Spinach, canned, regular pack, solids and liquids	1.0 cups	538
Mushrooms, portabella, grilled	1.0 cups sliced	529
Tomatoes, red, ripe, canned, stewed	1.0 cups	528
Tomato juice, canned, without salt added	1.0 cups	527
Tomato juice, canned, with salt added	1.0 cups	527

Leguminosas

Alimento	Porción	K (mg)
Beans, pink, mature seeds, raw	1.0 cups	3,074
Beans, black, mature seeds, raw	1.0 cups	2,877
Beans, adzuki, mature seeds, raw	1.0 cups	2,470
Soybeans, green, raw	1.0 cups	1,587
Soybeans, green, cooked, boiled, drained, with salt	1.0 cups	970
Lima beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	969
Beans, black turtle, mature seeds, cooked, drained, without salt	1.0 cups	801
Beans, baked, canned, with pork	1.0 cups	782
Lima beans, immature seeds, frozen, for home-prepared	1.0 cups	765

Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	741
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	740
Beans, black turtle, mature seeds, canned	1.0 cups	739
Beans, pinto, immature seeds, frozen, unprepared, 1 package (10 oz)	1 package (10 oz)	711
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	698
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	642
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	640
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	625

Cereales y tubérculos

Alimento	Porción	K (mg)
Breadfruit, raw	1.0 cups	1,078
Cereals ready-to-eat, granola, homemade	1.0 cups	658
Barley flour or meal	1.0 cups	457
Rice flour, brown	1.0 cups	457
Pasta, whole-wheat, dry (Includes foods for USDA Food Distribution Program)	1.0 cups	365
Sorghum flour, whole-grain	1.0 cups	392
Oat flour, partially debranned	1.0 cups	386
Cornmeal, white, self-rising, bolted, with wheat gluten added, enriched	1.0 cups	352
Cornmeal, whole-grain, white	1.0 cups	350
Pasta, fresh-refrigerated, spinach, as purchased	1.0 cups	348
Corn flour, yellow, masa, enriched	1.0 cups	299
Cornmeal, white, self-rising, degermed, enriched	1.0 cups	235

Lácteos

Alimento	Porción	K (mg)
Whey, sweet, dried	1.0 cups	3,016
Beverages, Whey protein powder isolate	3.0 scoop	750
Milk, dry, nonfat, regular, without added vitamins A and D	1.0 cups	538
Cheese substitute, mozzarella	1.0 cups, shredded	514
Milk, buttermilk, dried	0.25 cups	478
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamins A and D	1.0 cups	440
Milk, nonfat, fluid, protein fortified, with added vitamins A and D	1.0 cups	418

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	412
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	422
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	418

Carnes y aves

Alimento	Porción	K (mg)
Salami, pork, beef, less sodium	3.0 oz	1,372
Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	4.0 oz	596
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution	4.0 oz	566
Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	1.0 cups	504
Pork, cured, ham with natural juices, spiral sliced, boneless, separable lean and fat, heated, roasted	1.0 cups	500
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	4.0 cups	444
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	4.0 oz	442
Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to fat, select, raw	4.0 oz	400
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	435
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only	4.0 oz	424

Pescados y mariscos

Alimento	Porción	K (mg)
Fish, yellowtail, mixed species, cooked, dry heat fillet	1.0 fillet	785
Fish, bluefish, raw	1.0 fillet	558
Fish, bluefish, cooked, dry heat	1.0 fillet	558
Fish, lingcod, cooked, dry heat	3.0 oz	476
Fish, salmon, chum, cooked, dry heat	3.0 oz	468
Fish, burbot, cooked, dry heat	1.0 fillet	466
Fish, mahimahi, cooked, dry heat	3.0 oz	453
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	449

Semillas y nueces

Alimento	Porción	K (mg)
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	984
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	946
Peanuts, all types, dry-roasted, without salt	1.0 cups	926
Peanuts, valencia, oil-roasted, without salt	1.0 cups	881

Nuts, hazelnuts or filberts	1.0 cups, chopped	782
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	751
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	658
Seeds, sunflower seed kernels, oil roasted, with salt	1.0 cups	652

Fuente de datos: Listas de nutrientes SR Legacy (USDA) y FNDDS (USDA ARS). Elaborado para uso educativo en consulta.