



TOP **POTASSIUM**

CONTAINING FOODS

(100G / 3.5oz)

	1. PISTACHIOS	1025mg
	2. FLAX SEEDS	813mg
	3. PUMPKIN SEEDS	809mg
	4. ALMONDS	733mg
	5. PEANUTS	705mg
	6. HAZELNUTS	680mg
	7. CASHEWS	660mg
	8. BRAZIL NUTS	659mg
	9. SUNFLOWER SEEDS	645mg
	10. PINE NUTS	597mg

TOP POTASSIUM CONTAINING FOODS

(100G / 3.5oz)

	11. SPINACH	558mg
	12. KALE	491mg
	13. SALMON	490mg
	14. AVOCADO	485mg
	15. SESAME SEEDS	468mg
	16. WALNUTS	468mg
	17. FENNEL	414mg
	18. PECANS	410mg
	19. CHIA SEEDS	407mg
	20. DANDELION GREENS	397mg