



## Potassium-Rich, Low-Glycemic Foods

### From: World's Healthiest Foods:

<http://www.whfoods.com/genpage.php?dbid=90&tname=nutrient>

Food	Serving Size	Cals	Amount (mg)	DV (%)	Nutrient Density	World's Healthiest Foods Rating
Swiss Chard	1 cup cooked	35.0	960.75	27.45	14.1	excellent
Spinach	1 cup cooked	41.4	838.80	23.97	10.4	excellent
Mushrooms - Crimini	1 cup	19.1	389.76	11.14	10.5	excellent
Tomatoes	1 cup raw	32.4	426.60	12.19	6.8	very good
Fennel	1 cup raw	27.0	360.18	10.29	6.9	very good
Brussels Sprouts	1 cup raw	37.8	342.32	9.78	4.7	very good
Cauliflower	1 cup raw	26.8	319.93	9.14	6.2	very good
Kale	1 cup cooked	36.4	296.40	8.47	4.2	very good
Summer Squash	1 cup raw	18.1	296.06	8.46	8.4	very good
Turnip Greens	1 cup cooked	28.8	292.32	8.35	5.2	very good
Broccoli	1 cup raw	30.9	287.56	8.22	4.8	very good
Mustard Greens	1 cup cooked	21.0	282.80	8.08	6.9	very good
Asparagus	1 cup raw	26.8	270.68	7.73	5.2	very good
Mushrooms, Shiitake	87 g	29.6	264.48	7.56	4.6	very good
Celery	1 cup	16.2	262.60	7.50	8.4	very good
Romaine Lettuce	2 cups	16.0	232.18	6.63	7.5	very good
Green Beans	1 cup raw	31.0	211.00	6.03	3.5	very good
Bell Peppers	1 cup raw	28.5	194.12	5.55	3.5	very good
Eggplant	1 cup raw	19.7	188.60	5.39	4.9	very good
Avocado	1 cup	233.6	708.10	20.23	1.6	good
Scallops	4 oz-wt	127.0	539.77	15.42	2.2	good
Onions	1 cup raw	64.0	233.60	6.67	1.9	good
Collard Greens	1 cup cooked	49.4	220.40	6.30	2.3	good
Leeks	1 cup raw	54.3	160.20	4.58	1.5	good
Cucumber	1 cup	15.6	152.88	4.37	5.0	good
Cabbage	1 cup raw	17.5	119.00	3.40	3.5	good
Turmeric	2 tsp	15.6	111.10	3.17	3.7	good
Basil	2 tsp	7.0	96.12	2.75	7.0	good



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Be sure to test the foods below as they tend to raise blood sugar in some people						
Carrots*	1 cup	50.0	390.40	11.15	4.0	very good
Sweet Potato*	1 cup baked	102.6	541.50	15.47	2.7	good
Yam*	1 cup baked	157.8	911.20	26.03	3.0	good
Strawberries*	1 cup	46.1	220.32	6.29	2.5	good
Raspberries*	1 cup	64.0	185.73	5.31	1.5	good
Grapefruit*	0.50 each	41.0	177.92	5.08	2.2	good