

Potassium Levels of Tropical Fruits

Tropical fruits have various unique flavors and lots of nutrients. They also contain various amounts of potassium. Some people with CKD need to limit the amount of potassium consumed because their kidneys are unable to remove extra potassium from their bodies. Listed are potassium levels per serving of fruit (1/2 cup). Limit your serving of potassium-containing foods to 1 high-potassium, 2 medium-level potassium, or 3 low-level potassium foods per day.



Potassium level rankings are as follows:

High: 250-500mg

Medium: 150-250mg

Low: 20-150mg

Fruit	Potassium (mg)	Ranking
Avocado	583	high
Asian pear (1 small-medium)	85	low
Banana (1 medium)	403	high
Coconut, fresh	142	low
Dragon fruit / pitaya	*no reputable source of information	
Durian	530	high
Guava	344	high
Jackfruit, fresh	370	high
Jackfruit, canned	85	low
Kumquat	149	medium
Longan	266	high
Lychee	162	medium
Mango	139	low
Mangosteen, canned	47	low
Papaya	209	Medium
Passion Fruit	343	high
Persimmon, Hachiya	270	high
Plantain, cooked	465	high
Pomegranate	205	medium
Pummelo	205	medium
Rambutan, canned	32	low
Star Fruit / carambola	72	low



*Nutrition data was obtained from the USDA National Nutrient Database for Standard Reference on July 2013. www.ndb.nal.usda.gov

Potassium Levels of Tropical Fruits

Tropical fruits have various unique flavors and lots of nutrients. They also contain various amounts of potassium. Some people with CKD need to limit the amount of potassium consumed because their kidneys are unable to remove extra potassium from their bodies. Listed are potassium levels per serving of fruit (1/2 cup). Limit your serving of potassium-containing foods to 1 high-potassium, 2 medium-level potassium, or 3 low-level potassium foods per day

Low Potassium Foods: 20-150mg

Asian pear (1 small/medium) - 85mg
Coconut, fresh – 142mg
Jackfruit, canned - 85mg
Mango – 139mg
Mangosteen, canned – 47mg
Rambutan, canned – 32mg
Star Fruit / carambola – 72mg



Medium: 150-250mg

Kumquat – 149mg
Lychee – 162mg
Papaya – 209mg
Pomegranate – 205mg
Pummelo – 205mg



High: 250-500mg

Avocado – 583mg
Banana (1 medium) – 403mg
Durian – 530mg
Guava – 344mg
Jackfruit, fresh – 370mg
Longan – 266mg
Passion Fruit – 343mg
Persimmon, Hachiya – 270mg
Plantain, cooked – 465mg



*Nutrition data was obtained from the USDA National Nutrient Database for Standard Reference on July 2013. www.ndb.nal.usda.gov