

Potassium

General adult recommendations: 2,600 – 3,400 mg/day

Food	Serving Size	Potassium Content (mg)
Beet greens	1 cup	1,308
Swiss chard	1 cup	960
Spinach	1 cup	838
Bok choy	1 cup	630
Tuna	4 oz	597
Brussels sprouts	1 cup	494
Broccoli	1 cup	457
Asparagus	1 cup	403
Cabbage	1 cup	393

Food	Serving Size	Potassium Content (mg)
Summer squash	1 cup	345
Avocado	½ (68g)	345
Mushrooms, cremini	1 cup	322
Kale	1 cup	296
Turnip greens	1 cup	292
Cocoa powder	2 Tbsp	271
Celery	1 cup	262
Bone broth	1 cup	116 – 215

Magnesium

General adult recommendations: 310 – 420 mg/day

Food	Serving Size	Magnesium Content (mg)
Pumpkin seed kernels, shelled, roasted	¼ cup	162
Brazil nuts, dried, unblanched	1 ounce or ~6 nuts	107
Almonds, dry roasted	1 ounce or ~23 almonds	80
Spinach, boiled	½ cup	78
Swiss chard, boiled	½ cup	75
Cashews, dry roasted	1 ounce or ~16 cashews	74
Hazelnuts/Filberts	1 ounce or ~21 hazelnuts	46
Avocado, cubed	1 cup	44

Calcium

General adult recommendations: 1,000 – 1,200 mg/day

Food	Serving Size	Calcium Content (mg)
Parmesan cheese	1 ½ ounces	503
Sardines, canned in oil, with bones	3 oz	325
Tofu, firm	½ cup	253
Yogurt, Greek, whole, plain	1 cup	245
Salmon, canned with bones	3 oz	181
Rhubarb, cooked	½ cup	174
Spinach, cooked from frozen	½ cup	146
Collards, cooked	½ cup	133
Okra, cooked	1 cup	123
Turnip greens, cooked	½ cup	99
Kale, cooked	1 cup	94
Almonds	1 oz or ~ 23 almonds	75
Chinese cabbage/bok choy, raw	1 cup	74

Note: Exact amounts of nutrients vary by product and brand and can also vary in real, whole foods.

Sources: National Institutes of Health Potassium & Magnesium Fact Sheets; USDA National Nutrient Database; drkarafitzgerald.com