

**BANANA EQUIVALENTS** by Ann  
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(07/2006)

My Dad says that reporting potassium content by mg per calorie doesn't help him make decisions about what to eat. He wants to be able to tell the people at the dinner table, who are proud of the fact that they eat a banana a day for the potassium, which food to eat instead.

Here are some foods that have a potassium content equivalent to that of a medium banana:

|                             |                    |
|-----------------------------|--------------------|
| 2/3 cup guava               | 2 kiwi             |
| 2/3 of a medium papaya      | 1 cup melon pieces |
| 10 halves of dried apricots | 1 large tomato     |
| 1/2 cup cooked spinach      | 4 figs             |
| 1 1/2 cup pineapple pieces  | 1 cup elderberries |
| 1 1/2 cup blackberries      | 8 dates            |

Please remember that not all people should try to maximize their potassium consumption. If you have kidney problems or your potassium seems to run high (above 5.0), you should avoid high potassium foods.

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MIND AND BODY**

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