

# The Potassium Swap Sheet

Your free 2-page guide: the foods that carry real potassium per serving, the sodium half of the equation, and the one group that should check with a doctor first.

**952 mg**

a medium russet potato baked in its skin, per Harvard Health

**422 mg**

a medium banana, less than half the potato

**3,400 and 2,600 mg**

the daily targets for adult men and adult women

## Your Coach's 3-Step Plan

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### 1 Put a Legume on the Plate Most Days

Harvard Health's Teresa Fung calls legumes the gap most people are missing, and says a half cup serving is not hard to do. Half a cup of cooked white beans carries about 500 mg of potassium, edamame about 485 mg, lentils about 365 mg, plus protein and fiber. Canned beans count. Add them to soups, salads, tacos and pasta.

### 2 Cook the Potato, Keep the Skin, Skip the Fryer

A medium russet baked in its skin is the single biggest per serving hit in Harvard Health's table at about 952 mg, and a baked sweet potato with skin brings about 542 mg. Harvard notes a fair amount of the mineral sits in or just beneath the skin. Fung's caveat is explicit: this does not mean French fries or potato chips.

### 3 Fix the Sodium Side of the Ratio Too

CDC frames this as a pair, not a single nutrient. Americans average more than 3,400 mg of sodium a day against a federal recommendation of less than 2,300 mg, and most of it arrives in packaged and restaurant food. CDC suggests the DASH eating plan, which is low in sodium and high in potassium rich fruits, vegetables and low fat dairy.

**Why this plan says what it says.** Every figure above was re-checked against the live source page on July 21, 2026. Where the evidence sets a range rather than a target, the range is printed rather than averaged into a single number.

## The Evidence at a Glance

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- A medium russet potato baked with the skin on provides about 952 mg of potassium, more than double a medium banana's 422 mg (Harvard Health, 2026)
- The daily adequate intake is 3,400 mg for adult men and 2,600 mg for adult women, and the diets of many people in the United States fall short (NIH Office of Dietary Supplements)
- Increasing potassium intake can help lower blood pressure and, by doing so, reduce the risk of heart disease and stroke (CDC, 2025)

## Sources

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- Harvard Health Publishing, The best foods high in potassium and why you need them (June 1, 2026)
  - NIH Office of Dietary Supplements, Potassium: Fact Sheet for Consumers
  - CDC, Effects of Sodium and Potassium (February 3, 2025)
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