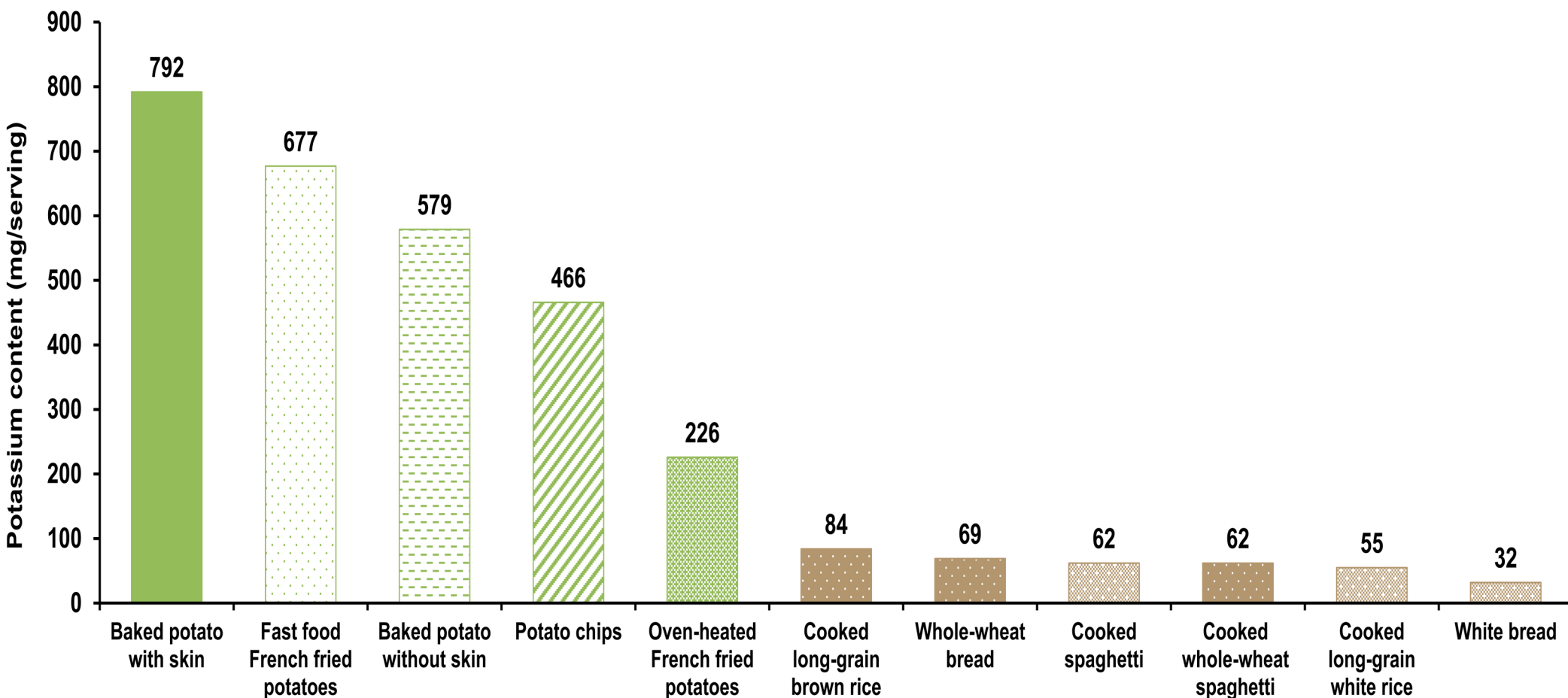


Potassium Content of Commonly Consumed Starchy Foods per Serving



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Standard portion sizes: Baked potato with skin (1 NLEA serving, 148 g); fast food French fried potatoes (1 medium serving, 117 g); baked potato without skin (1 NLEA serving, 148 g); potato chips (1 oz, 28.4 g); oven-heated French fried potatoes (10 strips, 50 g); brown rice (1 cup, 195 g); white rice (1 cup, 158 g); enriched or whole-wheat spaghetti (1 cup, 140 g); white or whole-wheat bread (1 slice, 28 g).

Data source: U.S. Department of Agriculture, Agricultural Research Service. 2012. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>