

Table. Absolute Concentrations and Ratios of Sodium and Potassium in 1000 kcal of Common Unprocessed Foods

	Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	K/Na		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	K/Na		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	K/Na
Meat				Poultry				Fresh Water Fish, Wild			
Squirrel Meat, raw, wild	853	2537	2.97	Emu Meat, raw	945	2944	3.12	Crayfish mixed species wild	1146	3678	3.21
Bear Meat, wild raw	469	1469	3.13	Chicken breast, meat + skin	366	1282	3.50	Perch, Mixed, raw	682	2958	4.34
Muskrat Meat, raw, wild	505	1703	3.37	Ostrich Meat, raw	698	2600	3.72	Sunfish, Pumpkin fish raw	899	3935	4.38
Lamb, Loin	244	1035	4.24	Cornish game hen raw	586	2320	3.96	Frog legs	795	3904	4.91
Goat meat, raw	752	3531	4.70	Quail Meat, wild raw	381	1769	4.65	Bass, fresh water, mixed	614	3125	5.09
Caribou meat, wild raw	449	2323	5.17	Turkey breast, meat skin raw	376	1752	4.66	Sturgeon, mixed species, raw	514	2706	5.26
Elk Meat, wild, raw	523	2813	5.38	Duck, wild meat raw	422	1986	4.70	Eel raw wild	277	1476	5.33
Beef sirloin	315	1924	6.10	Canadian Goose, wild raw	645	3078	4.78	Snail raw	778	4243	5.45
Pork loin	440	2717	6.17	Pheasant, wild raw	279	1970	7.07	Tilapia, raw	541	3140	5.80
Deer Meat, wild, raw	426	2654	6.23	Spruce Grouse, wild raw	486	3000	6.17	Northern Pike	443	2946	6.65
Horse Meat, raw	399	2707	6.79	Mean =	518	2270	4.63	Carp, raw	386	2625	6.80
Beaver Meat, raw	349	2383	6.82					Trout, Mixed species, raw	351	2437	6.94
Antelope, wild raw	447	3095	6.92		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Walleye, raw	548	4182	7.63
Bison meat, raw	414	2966	7.17	Eggs				Pink Salmon, wild raw	362	2882	7.97
Rabbit, Meat, wild raw	438	3315	7.56	Quail egg, raw	892	835	0.94	Sockeye Salmon, raw	280	2328	8.32
Mean =	468	2478	5.52	Turkey egg, raw	883	831	0.94	Catfish, Channel Raw	452	3769	8.34
				Chicken, Egg raw	846	846	1.00	Chinook Salmon, Wild raw	263	2201	8.38
	Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Duck egg, raw	789	1200	1.52	Chum Salmon, Wild raw	417	3576	8.58
Organ Meats				Goose Egg, raw	746	1135	1.52	Coho Salmon, Wild, raw	315	2898	9.21
Kidney, beef raw	1838	2645	1.44	Mean =	831	969	1.18	White Sucker, raw	435	4132	9.50
Liver, Canadian goose wild raw	972	1597	1.64					Rainbow Trout Wild, raw	259	4044	15.60
Kidney, lamb raw	1608	2863	1.78		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Mean =	512	3199	7.03
Kidney, pork raw	1210	2290	1.89	Milk							
Brain, pork raw	944	2033	2.15	Milk, cows 3.3 % fat	705	2164	3.07		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	
Brain, beef raw	881	1916	2.17	Sheep milk	407	1269	3.11	Marine Fish, Wild			
Heart, Chicken raw	484	1150	2.38	Milk, goat	725	2957	4.08	Smelt	3986	2348	0.59
Brain, lamb raw	918	2426	2.64	Mean =	612	2130	3.42	Perch Atlantic ocean raw wild	3633	2367	0.65
Heart, Beef Raw	875	2562	2.93					Haddock raw wild	2878	3861	1.34
Liver, pork raw	649	2038	3.14		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Shark raw wild	608	1228	2.02
Heart, turkey raw	832	2611	3.14	Shell Fish, Wild				Orange Roughy raw	947	2193	2.32
Liver, Moose wild raw	558	1804	3.23	Clams Mixed	6988	533	0.08	Sardine raw wild	821	2694	3.28
Liver, Chicken raw	597	1933	3.24	Shrimp mixed species raw	7972	1590	0.20	Whiting mixed species raw	800	2763	3.45
Liver, Sea Lion wild raw	642	2125	3.31	Alaskan King Crab Raw	9952	2425	0.24	Atlantic Mackerel raw wild	439	1532	3.49
Heart, lamb raw	730	2591	3.55	Queen Crab	5989	1921	0.32	Herring, Atlantic raw wild	570	2071	3.64
Liver, Turkey raw	311	1118	3.59	Lobster	5498	2600	0.47	Anchovy raw wild	794	2922	3.68
Thymus, Beef raw	407	1525	3.75	Scallops mixed species raw	5681	2965	0.52	Sea Bass, mixed species raw	701	2637	3.76
Liver, Caribou raw	624	2448	3.92	Abalone	2867	2385	0.83	Pollock Atlantic raw	944	3910	4.14
Liver, Seal wild raw	579	2304	3.98	Cuttlefish mixed species raw	4709	4477	0.95	Sole, wild raw	991	4346	4.39
Pancreas, beef raw	285	1174	4.12	Blue Mussels Raw	3326	3723	1.12	Mahi Mahi	1035	4897	4.73
Spleen, lamb raw	832	3545	4.26	Blue Crab Raw	3368	3781	1.12	Swordfish raw wild	563	2903	5.16
Spleen Pork raw	831	3545	4.26	Dungeness Crab Raw	3430	4112	1.20	Rockfish Pacific raw wild	822	4292	5.22
Liver, lamb raw	504	2252	4.47	Octopus	2805	4270	1.52	Eel raw wild	277	1476	5.33
Pancreas, pork raw	221	990	4.48	Pacific Oysters Raw	1309	2080	1.59	Mullet striped, raw wild	556	3053	5.50
Liver, Beef raw	511	2320	4.54	Whelks	1504	2536	1.69	Pompano	396	2323	5.86
Spleen, Beef raw	810	4087	5.05	Eastern Oysters Raw Wild	1667	3061	1.84	Halibut raw	747	4778	6.39
Heart, pork raw	475	2492	5.25	Squid mixed species raw	478	2675	5.59	Tuna, blue fin raw wild	271	1752	6.47
Pancreas, lamb raw	493	2763	5.61	Mean =	4221	2821	1.21	Shad, American raw wild	259	1947	7.52
Marrow, Caribou, Raw	40	334	8.44					Cod Atlantic wild raw	659	5033	7.64
Mean =	712	2189	3.60		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Grouper raw wild	730	6531	9.13
				Marine Mammals, Reptiles				Tuna, yellow fin or Ahi raw	413	4046	9.80
	Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Green Turtle, wild	764	2585	3.38	Atlantic salmon wild raw	309	3453	11.16
Marine Seaweed				Beluga Whale Meat, Raw	702	2549	3.63	Monkfish raw wild	237	5268	22.24
Wakame	19378	1111	0.06	Dolphin, wild	1035	4897	4.73	Mean =	940	3208	5.52
Kelp	5418	2070	0.38	Walrus Meat, raw	361	1782	4.94		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	
Irish Moss	1367	1284	0.94	Harp Seal, wild	416	2642	6.35				
Spirulina	3762	4875	1.30	Sea Lion Meat, wild	517	3383	6.55	Starchy Roots, Domesticated			
Nori	1371	10169	7.42	Mean =	633	2973	4.93	Sweet Potato	650	3920	6.03
Agar	346	8693	25.13					Rutabagas	556	9361	16.85
Mean =	5274	4700	5.87		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Cassava	88	1694	19.36
				Fruits, Domesticated				Potato	108	5753	53.50
	Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Honeydew melon	500	6333	12.7	Taro	98	5277	53.73
Coconut Water				Cantaloupe	471	7853	16.7	Yams	76	6915	90.90
	5528	13162	2.38	Lime	67	3400	51.0	Mean =	262	5487	40
				Avocado	48	3036	63.5				
	Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal		Tangerine	38	3132	83.0		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	
Vegetables, Domesticated				Grape	29	2768	95.5	Nuts, Seeds Domesticated			
Celery	5000	16250	3.25	Kiwi fruit	49	5115	104.0	Coconut	56	1006	17.8
Carrot	1683	7804	4.64	Apple	19	2058	107.0	Sunflower seeds	15	1104	71.7
Radish	2438	14563	5.97	Pineapple	20	2180	109.0	Macadamia nuts	7	513	73.6
Leaf lettuce	1867	12933	6.93	Watermelon	33	3733	112.0	Pumpkin seeds	13	1447	115.6
Green onion	1021	8625	8.45	Pear	18	2141	119.0	Brazil nuts	5	1007	219.7
Green cabbage	720	6800	9.44	Lemon	50	7250	145.0	Walnuts	3	674	220.5
Broccoli	969	9283	9.58	Strawberry	31	4781	153.0	Almonds	2	1226	705.0
Cauliflower	794	7910	9.97	Grapefruit	16	3214	207.0	Pistachio nuts	2	1824	1025.0
Iceberg lettuce	714	10071	14.10	Banana	11	4022	358.0	Filberts	0	1083	2295.0
Onion	100	3650	36.50	Orange	2	3851	2386.6	Pecans	0	593	4470.6
Tomato	278	13167	47.40	Plum	1	3413	2591.5	Mean =	10	1048	921
Bell pepper	150	8742	58.37	Nectarine	2	4568	2849.2				
Mushroom	227	14455	63.60	Peach	2	4872	2850.0		Na (mg)/ 1000 kcal	K (mg)/ 1000 kcal	
Cucumber	133	9800	73.50	Sweet cherry	1	3524	3420.5	Legumes, Beans, Domesticated			

Asparagus	98	10095	102.90		Mean =	70	4062	792		Lima beans	138	4634	33.5
Summer squash	125	16375	131.00							Garbanzo beans	43	1774	41.6
Mean =	1020	10658	37			Na (mg)/	K (mg)/			Black eyed peas	34	2397	69.5
					Whole Grains	1000 kcal	1000 kcal	K/Na		Green peas	36	3226	90.3
					Rice	19	603	31.9		Mung beans	19	2533	133.0
					Barley	34	1277	37.7		Lentils	17	3181	184.5
					Millett	13	516	39.0		Kidney beans	8	3189	405.0
					Sorghum	18	1032	58.3		Soybeans	6	2977	515.0
					Corn	14	873	63.0		Mean =	38	2989	184
					Wheat	6	1068	181.5					
					Oats	5	1103	214.5					
					Rye	6	1509	255.0					
					Mean =	14	997	110					