

Potassium-40 in Food*

Specific activity (picocuries of potassium-40 per gram of potassium) =
 1 picocurie (pCi) = one trillionth part of a curie = 0.000000000001 curie

818 pCi/g

| | Potassium (mg) | Item | Serving or Item Size (g) | Potassium Content (g-K/g) | Potassium-40 concentration (pCi/g) | Potassium-40 content (pCi/serving) |
|----------------------|----------------|----------|--------------------------|---------------------------|------------------------------------|------------------------------------|
| Dried Fruits | | | | | 10.2 - 2.5 | |
| Apricots | 500 | Serving | 40 | 0.013 | 10.2 | 409 |
| Peaches | 370 | Serving | 40 | 0.009 | 7.6 | 303 |
| Raisins | 310 | Serving | 40 | 0.008 | 6.3 | 254 |
| Prunes | 290 | Serving | 40 | 0.007 | 5.9 | 237 |
| Figs | 260 | Serving | 42 | 0.006 | 5.1 | 213 |
| Dates | 240 | Serving | 40 | 0.006 | 4.9 | 196 |
| Cranberry/Orange | 190 | Serving | 40 | 0.005 | 3.9 | 155 |
| Apples | 180 | Serving | 40 | 0.005 | 3.7 | 147 |
| Bananas | 93 | Serving | 30 | 0.003 | 2.5 | 76 |
| Fresh Fruit | | | | | 2.5 - 0.7 | |
| Banana | 450 | 1 medium | 150 | 0.003 | 2.5 | 368 |
| Cantaloupe | 494 | 1 cup | 226 | 0.002 | 1.8 | 404 |
| Orange | 250 | 1 medium | 227 | 0.001 | 0.9 | 205 |
| Watermelon | 186 | 1 cup | 226 | 0.001 | 0.7 | 152 |
| Fruit Juice | | | | | 1.8 - 1.0 | |
| Orange Juice | 500 | Serving | 226 | 0.002 | 1.8 | 409 |
| Grapefruit juice | 320 | Serving | 240 | 0.001 | 1.1 | 262 |
| Apple Juice | 280 | Serving | 240 | 0.001 | 1.0 | 229 |
| Cerials | | | | | 8.8 - 2.5 | |
| Wheat germ | 140 | Serving | 13 | 0.011 | 8.8 | 115 |
| Soy Protein | 390 | Serving | 55 | 0.007 | 5.8 | 319 |
| Bran Flakes | 190 | Serving | 30 | 0.006 | 5.2 | 155 |
| Oat Bran | 230 | Serving | 49 | 0.005 | 3.8 | 188 |
| Mueslix | 240 | Serving | 55 | 0.004 | 3.6 | 196 |
| Raisin Almond Crunch | 220 | Serving | 58 | 0.004 | 3.1 | 180 |
| Grapenuts | 180 | Serving | 58 | 0.003 | 2.5 | 147 |

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| | Potassium (mg) | Item | Serving or Item Size (g) | Potassium Content (g-K/g) | Potassium-40 concentration (pCi/g) | Potassium-40 content (pCi/serving) |
|---------------------------|----------------|--------------|--------------------------|---------------------------|------------------------------------|------------------------------------|
| Dairy Products | | | | | 1.5 - 1.3 | |
| Yogurt | 500 | 1 container | 277 | 0.002 | 1.5 | 409 |
| Skim Milk | 406 | 1 cup | 226 | 0.002 | 1.5 | 332 |
| Low Fat milk | 348 | 1 cup | 226 | 0.002 | 1.3 | 285 |
| Vegetables | | | | | 4.3 - 0.9 | |
| Potato | 844 | 1 medium | 159 | 0.005 | 4.3 | 690 |
| Acorn Squash (cooked) | 896 | 1 cup | 226 | 0.004 | 3.2 | 733 |
| Spinach (cooked) | 838 | 1 cup | 226 | 0.004 | 3.0 | 685 |
| Lentils (cooked) | 731 | 1 cup | 226 | 0.003 | 2.6 | 598 |
| Kidney Beans (cooked) | 713 | 1 cup | 226 | 0.003 | 2.6 | 583 |
| Split Peas (cooked) | 710 | 1 cup | 226 | 0.003 | 2.6 | 581 |
| White Navy Beans (cooked) | 669 | 1 cup | 226 | 0.003 | 2.4 | 547 |
| Butternut Squash (cooked) | 583 | 1 cup | 226 | 0.003 | 2.1 | 477 |
| Tomato | 273 | 1 medium | 114 | 0.002 | 2.0 | 223 |
| Carrot | 233 | 1 medium | 100 | 0.002 | 1.9 | 191 |
| Brussel Sprouts (cooked) | 494 | 1 cup | 226 | 0.002 | 1.8 | 404 |
| Zucchini (cooked) | 456 | 1 cup | 226 | 0.002 | 1.7 | 373 |
| Green Beans (cooked) | 185 | 1/2 cup | 113 | 0.002 | 1.3 | 151 |
| Broccoli (cooked) | 332 | 1 cup | 226 | 0.001 | 1.2 | 272 |
| Spinach (fresh) | 119 | 1/2 cup | 113 | 0.001 | 0.9 | 97 |
| Meat & Fish | | | | | 4.3 - 2.1 | |
| Cod | 449 | 3 oz. Fillet | 85 | 0.005 | 4.3 | 367 |
| Chicken | 220 | 3 oz. Breast | 85 | 0.003 | 2.1 | 180 |

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|---|----------------|-------------------------|--------------------------|---------------------------|------------------------------------|------------------------------------|
| Miscellaneous | | | | | | |
| Daily potassium intake. Recommended Daily Allowance (RDA) | 3,500 | 3.5 g/day | 3.5 | 1.0 | 818 | 2,863 |
| Annual potassium intake. Recommended Annual Allowance (RAA) | 1,277,500 | 3.5 g/day for 1 year | 1,278 | 1.0 | 818 | 1,044,995 |
| Salt substitute (KCl) | 610 | Condiment serving | 1.2 | 0.51 | 416 | 499 |
| Clean Soil | - | - | - | 0.024 | 20 | - |
| Human Body | 122,249 | 150 lb adult | 68,182 | 0.002 | 1.5 | 100,000 |
| Clean Seawater | - | - | - | 0.00037 | 0.3 | - |
| EPA 10 ⁻⁶ cleanup standard in soil | - | - | - | 0.000016 | 0.013 | - |
| Daily DWP Drinking Water | 7 | 2 liters/day | 2,000 | 0.000004 | 0.003 | 6 |
| Annual DWP Drinking Water | 2,555 | 2 liters/day for 1 year | 730,000 | 0.000004 | 0.003 | 2,090 |

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