Supplemental: The content of potassium from source foods (per 100gr)

|  | 1000 kkal | 500-1000 kkal | 100-500 kkal |
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| Potassium source foods from carbohydrate group |

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 |  Kasbi Sagoo, flour

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| Havermouth |
| Cassava starchPotato Cassava |

Half-milled riceBiscuitWhite yamMacaroniBoiled yamVar rojolele, milled rice, rawBlack sticky rice, rawBlack sticky riceBlack sticky rice, mashed, rawSticky riceSticky rice, mashed, rawHalf-milled riceRed rice, mashed, rawRice, flour, rawVermicelliMilled yellow cornYoung corn, freshPotatoPumpkinTaro, freshBreadfruit, freshMocaf flourBreadfruit flourTapioca flour Wheat flour |
| Potassium source foods from animal protein group | Dried sharkJerked deerKaholeoDobo shrimp paste | Paniki with coconut milkAwl sataySagoo caterpillarSmoked cakalangJerked beef lungPapay shrimpBaronang fishJerked deerJerked crocodile Baronang fishBaronang fish, freshSnapper fish |  |
| Potassium source foods from plant protein group | Tonga bean chipsLebui nutTongan beanRed beanDark red bean, dried Red bean, driedMung bean starchSoy bean flour | Peanut butterCashewnutMung bean var. Bakti, driedMung bean, driedMung bean, boiledSoy bean, driedSoy bean, freshCashewnut, friedCashewnut, freshPeanut, roastedPeanut, boiledSoy tempe, fried |

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| String bean |
| Pease |

 young pease

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| Potato cracker |

Field peaBandanesse cannaryTofuKidney beanBoiled peanut Roasted peanutDry peanutSoymilkTempeh |
| Potassium source foods from fat group |  | Young coconut meat, freshCoconut milk | Coconut milk, with water |
| Potassium source foods from vegetables group | Sea bamboo shootChinesse petai | Fern leafPeterselyMelinjo leaf, fresh Papaya leaf, freshBlack fungus, driedLong bean, kernel, driedBreadnutChinesse petai, riped, fresh | Bitter squash leafLilyWatercreshPapaya flower LeekFern

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| Fern leaf |
| Spinach |

Coconut shootsSagoo mushroomCassava leafPelecing kaleSeaweedTondano kaleNutgrass bulbsMoringa leafLong beanAgathi flowerCeleryField mustard Pangium leafCarrotRed/white cabbageLettuce

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| Nasturtium |

CucumberCoconot shootsMilled yellow cornPetai Butternut pumpkinBamboo shootsFresh bean sproutFresh radishPetaiField mustardSeaweedSapodilla fruitEggplantTomatoRaw tomatoWater tomatoAngled luffa leafCucumber White flowered gourdChayoteWhite leadtreeLuffa squashStraw mushroomOyster mushroomBeanPeaseLong beanSpinachSweet leafMoringa leaf |
| Potassium source foods from fruits group |  | Dates palmBalinesse bananaBitter chocolateBanana ketipDurian, freshDatesRiped jackfruit, freshBalinesse banana |

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| Rotan manauMany types of banana |
| OrangeGrapesMedan barkPalembang pineappleBinjai rambutan PineapplePearStarfruit LimeLemonMany types of mangoSweet orangeManalagi mangoKiwiPeachRed appleMoringa fruitIndian plumPapayaDukuBalinesse bananaAvocado BeetrootWild coconutRed fruitManggo |

HoneydewPineappleJackfruitPearPapayaWhite guavaAmbarellaSoursopAppleWhite yamDragon fruitDukuTender coconut waterCoconut |
| Potassium source foods from dairy group | Skim milk, flour | Pregnant milk | Condensed milk

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| Goat milk |

Cow’s milkYoghurtChocolateMilk chocolate |