

Food	Potassium (mg)	Sodium (mg)	K:Na Ratio
Lauki (bottle gourd), cooked	460	3	153:1
Spinach (palak), cooked	540	24	22:1
Banana (medium)	422	1	422:1
Coconut water (200ml)	600	25	24:1
Amla (Indian gooseberry)	198	1	198:1
Ragi (finger millet), cooked	408	11	37:1
Moong dal (cooked, no salt)	369	4	92:1
Rajma (kidney beans, cooked)	403	2	201:1