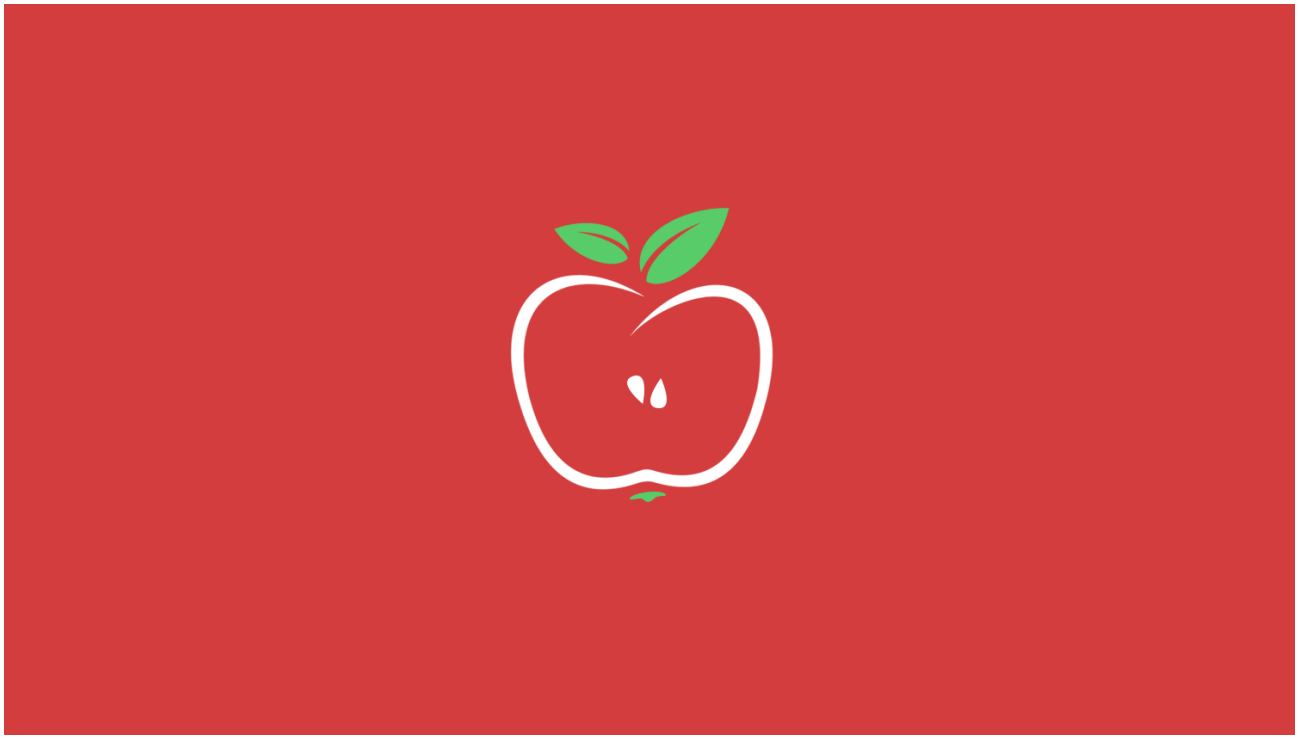
17 Foods High in Electrolytes

Foods high in electrolytes include yogurt, milk, cheese, soymilk, seafood, and green leafy vegetables. Below are 17 foods high in electrolytes, for more, see the list of less common foods rich in electrolytes.



- [ ] 1: Yogurt
- [ ] 2: Watercress
- [ ] 3: Scallops (Bay and Sea)
- [ ] 4: Milk
- [ ] 5: Soymilk (Unsweetened)
- [ ] 6: Butternut Squash
- [ ] 7: Beet Greens (Cooked)
- [ ] 8: Cheese (Swiss)
- [ ] 9: Spinach (Cooked)
- [ ] 10: Dill Pickles
- [ ] 11: Mushrooms (White Button, Cooked)
- [ ] 12: Bok-Choy (Pak-Choi) Cooked
- [ ] 13: Yeast Extract Spread (Marmite)
- [ ] 14: Swiss Chard (Cooked)
- [ ] 15: Lettuce (Butterhead)
- [ ] 16: Coconut Water

- [ ] 17: Celery (Raw)

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