



POTASSIUM

Potassium is a mineral found in many foods and is needed for:

- Kidney function
- Heart function
- Muscle contractions
- Nerve function



How much do I need a day?

Men (adults 19+ years)- 3400mg

Women (adults 19+ years)- 2600mg

What foods provide potassium?

- Fruits- dried apricots, prunes, raisins, orange juice, kiwi & bananas
- Vegetables- acorn squash, potatoes, spinach, tomatoes & broccoli
- Lentils, kidney beans, soybeans & nuts
- Milk & yogurt
- Meats, poultry & fish

Be cautious because potassium can interact with ACE inhibitors and loop diuretics