
POTASSIUM

Are you getting enough of this vital nutrient?

Sources of Potassium:

Some of the top sources of potassium include...

- Bananas
- Beet greens
- Cantaloupe
- Cod
- Halibut
- Milk
- Potatoes
- Rockfish
- Soy beans
- Sweet potatoes
- Tuna
- White beans
- Yogurt

The Adequate Intake (AI) of potassium for most adults is 4,700 milligrams per day.

When it comes to supplements, the Dietary Guidelines insist, “Americans should select a variety of food sources of potassium to meet recommended intake rather than relying on supplements.”

Potassium and You:

Potassium is a key mineral that your body needs. According to the National Library of Medicine, potassium “helps nerves and muscles communicate. It also helps move nutrients into cells and waste products out of cells.” Yet potassium’s most notable role is none of those things. You see, it’s vital when it comes to countering the harmful effects of sodium. It helps reduce your blood pressure. This in turn can reduce your risk of heart disease, stroke, and other dangers associated with high blood pressure. And that’s not all that potassium can do! The Dietary Guidelines for Americans assert, “Other possible benefits of an eating pattern rich in potassium include a reduced risk of developing kidney stones and decreased bone loss.”

