

EAT WELL, AGE WELL. POTASSIUM RICH FOODS AND RECIPES

Reality Check of Potassium

Did you know that fewer than 2% of U.S. adults meet the daily recommendation for potassium?

By simply increasing potassium intake, it may protect against cardiovascular disease, muscle wasting, osteoporosis, and kidney stones. One research study showed that that consuming adequate potassium averaged 3.6 more pounds of lean tissue mass than those under consuming. This amount of lean tissue is almost as great as the amount of muscle that is lost over a decade in older adults.

High-dose potassium supplements can disrupt heart rhythms and become dangerous for those who are unsure of their kidney function. Do not take a potassium supplement without discussing with your healthcare provider.

Asian Pear Salad: Serves 2



Image by Bernadette Wurzinger from Pixabay

Ingredients:

- ¼ cup sugar
- ¼ cup water
- ¼ cup walnuts or pecans
- 3 cups green leaf lettuce
- 2 Asian pears, peeled, cored & diced
- 1-ounce stilton or blue cheese
- ¼ cup pomegranate seeds
- Serve with oil and vinegar dressing

Directions

1. Dissolve sugar and water in nonstick fry pan.
2. Heat until syrup forms.
3. Quickly stir in nuts.
4. Turn out onto parchment paper and separate nuts while still hot. Let cool.
5. Place lettuce in a large bowl.
6. Add pears, cheese, and pomegranate seeds to lettuce.
7. Sprinkle with nuts and serve with oil and vinegar dressing.
8. OPTIONAL: add diced chicken and make the serving a bit bigger.

Recipe adapted from: Northwest Kidney Centers (nwkidney.org)

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Potatoes For Potassium

When thinking of potassium, bananas usually get all the love. It's true they are a rich food source with about 420 mg/serving. But did you know that white and red potatoes are a superior source when it comes to this important nutrient?

Potatoes often get a bad rap, but even though their starchiness can lead to a spike in blood sugar, they still can make a healthy addition to a balanced diet.

A serving of potatoes (with the skin on) can provide 600-1000 mg! The exact amount is dependent on the type and where it is grown. For comparison, the suggested amount adults should eat daily is 2600 mg for women and 3400 mg for men.

Potatoes are often falsely regarded as being a “fattening” food that does not offer much nutrition. However, 1 medium russet potato, such as the ones called for in the recipe below, provides a fair share of vitamin B6, vitamin C, folate, copper, iron, manganese, phosphorus, potassium, and more. This is all gained in only a little over 150 calories!

Chicken Taco Potato Boats (Serves 2)

Ingredients

- Cooking spray or oil
- 1 medium or large russet potato
- 1 medium, ripe avocado, peeled and mashed
- 6-8 oz chicken breast
- ¼ cup salsa
- ½ taco seasoning packet (1 Tbsp)

Method

1. Preheat oven to 375°F
2. Oil or spray a baking sheet, place the chicken breast on the sheet, and bake in the oven until the internal temperature is 165°F (about 20 minutes)

3. While chicken is baking, cook the potato with the skin on. A simple way to do this is to carefully pierce holes in the potato with a fork (4-5 times) and place it in the microwave for 7 minutes, flipping it halfway through cooking
4. Cut the potato in half and generously spread the mashed avocado on the flat part of each half
5. When chicken is done shred it, put it in a bowl with the seasoning, and mix well.
6. Divide the chicken in half and place on the avocado layer of each potato.
7. Divide salsa and pour over top along with anything else desired
8. Serve immediately and refrigerate leftovers

What is important about potassium?

Potassium is important to incorporate into the diet because it helps with normal functioning within the body.

Potassium regulates the heartbeat; it also helps the body's nerves and muscles to function correctly.

Eating potassium sources from produce can lower blood pressure and the risk of heart disease and stroke.

Potassium can be found in spinach, prunes, apricots, bananas, orange juice, squash, and even potatoes!

Source:

<https://www.health.harvard.edu/staying-healthy/the-importance-of-potassium>

Purple and Green Salad: Serves 1



Photo Courtesy of Pixabay.com

Ingredients:

- ½ cup spinach
- ½ cup iceberg or Boston lettuce
- ½ cup dried prunes
- 1 tbsp sliced almonds
- ½ tbsp of pomegranate seeds
- 2 teaspoons of dressing of your choice

Optional choice: Add protein to it (as pictured), chicken and tuna are few ideas.

Directions

1. If you bought a whole pomegranate, cut it up and grab the amount of seeds needed for the salad.
2. Chop lettuce if needed, then add all ingredients into a medium sized bowl.
3. Add the dressing of your choice to the ingredients.
4. Toss the salad and enjoy!

This salad includes spinach and prunes to add potassium to the diet. This salad is a great way to get potassium into the diet, while also tasting delicious!

Recipe from: Hope Quilling

Why Do Our Bodies Need Potassium?

Potassium is an extremely important nutrient in our bodies with a multitude of functions! Potassium is well known to prevent muscle cramps, but it also has many other uses throughout the body.

Potassium helps support brain health by ensuring fluids are moving around the body as they should be.

Potassium also supports bone health by preventing the breakdown of calcium. Maintaining bone health is essential in old age.

Getting enough potassium in the diet can improve your heart health as well. Potassium helps regulate the contraction and relaxation of the heart muscles.

Is there anything potassium can't do!?

Easy 5-Ingredient Guacamole: Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 1 ripe avocado
- 2 tbsp lime juice
- 2 tbsp diced red onion
- 1 tsp sea salt
- 1 tsp garlic powder

Directions

1. Mash avocado in a bowl
2. Add lime juice and stir
3. Mix in diced red onion
4. Add sea salt and garlic powder and mix
5. Serve with fresh veggies or tortilla chips



Photo Courtesy of Pixabay.com

Recipe from: Erica McMillan