

## Potassium Rich Foods

### Swap for plant foods

Maximize potassium intake by increasing the number of servings of fruits and vegetables you are already eating. This simple swap of high-sodium refined cuisine can reduce the risk of cardiovascular disease.



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## Potassium Rich Foods

### Mix it Up

Add in some dried peaches, prunes, and apricots into your daily diet. These foods can be added to oatmeal, cold breakfast cereals, or simply eaten as a snack. Or combine potassium-rich vegetables in soups, stews, or tomato sauce.



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## Potassium Rich Foods

### Reach for Canned or Frozen Vegetables

If you don't have time to prepare fresh leafy vegetables, try canned, frozen, or leftover greens. Try to select low-sodium varieties for the canned option. Rinse the canned vegetables in a strainer to remove excess sodium before preparation and cooking.



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Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Potassium-Rich Foods *Apricots*

In all forms (fresh/frozen/canned), this orange-yellow fruit is a source of potassium. A 1/2 cup serving contains about 200 mg.

The best version of apricots to eat, if you're looking for an exceptional potassium source, is dried. Dried apricots are a concentrated source of nutrients because the water has been removed. 1/2 cup of these can provide up to 1100 mg. That's 23% of the suggested daily value!

### **Weekly Challenge:**

Give dried apricots a try by adding them in a smoothie or to plain yogurt with nuts/seeds

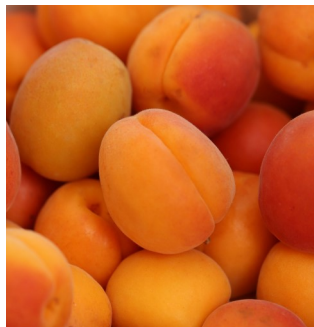


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## Potassium-Rich Foods *Lentils*

Lentils are a lesser-known legume, a family to which foods like black/kidney/pinto beans, edamame, and soybeans belong to. These small lens-shaped foods provide quite the kick when it comes to potassium. 1 cup of cooked lentils offers over 700 mg of this vital nutrient. They come in a variety of colors such as brown, green, or red, but each is a great source of nutrients. Lentils are often made into soups, stews, and side dishes.

### **Weekly Challenge:**

Cook dried lentils and toss them in any soup to have several nutritious meals this week



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## Potassium-Rich Foods— Acorn Squash

Though often accessible year round in many places, this fall-winter food, that belongs to the same family as pumpkins and other squash, is an example of how potassium-rich foods are widely acceptable in all seasons.

A 1-cup serving can offer up to 650 mg, which is almost 15% of the daily recommended amount. Much like lentils, acorn squash goes well in soups and stew but can also be enjoyed in mashed up and seasoned as a side all by itself.

### **Weekly Challenge:**

Peel, boil until fork-tender, and mash an acorn squash to see if you like them plain



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## Potassium Rich Foods: Bananas



Potassium is very important to include in the diet. Potassium helps regulate fluid balance throughout the body. Bananas are a great source of potassium. They are yummy on their own and they can even serve as a great topping to many different foods!

Source: <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

### **Weekly Challenge:**

Try adding a banana to a snack or even top your favorite yogurt with banana slices.



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## Potassium Rich Foods: Prunes

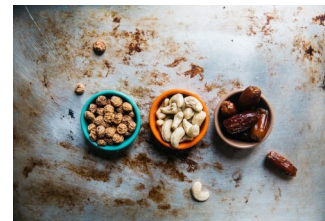


Adding potassium into the diet can reduce blood pressure. Prunes are a great source of potassium. Prunes can be added to oatmeal, they can be added to a homemade trail mix. The trail mix could consist of many different dried fruits, including prunes, dark chocolate chips and an assortment of nuts.

Source: <https://ods.od.nih.gov/factsheets/>

### **Weekly Challenge:**

Try making a homemade trail mix using prunes, various dried fruits, dark chocolate chips and nuts.



*Photo courtesy of Pixabay.com*

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## Potassium Rich Foods: Spinach



Having enough potassium in the diet can protect from the risk of a stroke and even osteoporosis. Spinach is a great source of potassium that can be paired with many different food items. Spinach can be used in smoothies, salads, and even soups!

Source: <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

### **Weekly Challenge:**

Try adding spinach to a smoothie or a salad this week.



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## Potassium Rich Foods:

The most famous potassium rich food is without a doubt bananas. However, there are so many more delicious sources! Here are some more:

- Avocados
- Oranges
- Salmon
- Beans
- Low-fat milk



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### **Weekly Challenge:**

Try a potassium rich food you don't eat very often!

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## Benefits of Potassium Rich Foods:

### **Blood Pressure:**

A balance of sodium and potassium is important for your body's electrolyte functions. As your body works hard to maintain this balance, you can reduce the impact of a high sodium intake by consuming more potassium. Because of sodium's impact on your blood pressure, a boost in your daily potassium intake can help you to maintain a healthy blood pressure or lower it to healthy levels.

### **Weekly Challenge:**

Pair high sodium foods with a potassium rich food.



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## Potassium Rich Foods:



Photo courtesy of Pixabay.com

Salmon is a great source of many nutrients including potassium!

Try out a new salmon recipe this week with delicious seasonings. Your brain, heart, and body will thank you!

Salmon pairs well with roasted vegetables, couscous or quinoa, and many other options. Find your favorite pairing and enjoy.

### **Weekly Challenge:**

Have a meal with salmon this week.

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