

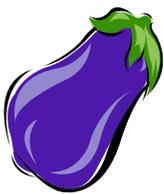
# Perfectly Potassium

Potassium is used in the body to help the function of cells, tissues, and organs. It is an electrolyte, which means it is able to conduct electricity in the body.

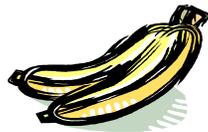


It plays a key role in heart function and muscle contractions. Foods high in potassium promote bone health, prevent hypokalemia (low potassium), high blood pressure, and stroke.

Good sources of potassium include: eggplant, avocado, tomato, lima beans, prunes, raisins, artichokes, spinach,



sunflower seeds, baby carrots, Brussels sprouts, cauliflower, pears, parsley, broccoli, watermelon,



Bananas



Citrus fruits

(such as orange juice or lemonade)



Potatoes

(baked with skin, are the best source of potassium)

cantaloupe and various forms of meat including

chicken, and seafood such as flounder, salmon, and cod.

The Food and Nutrition Board of the Institute of Medicine recommends that individuals who are 4 to 8 years old should get 3,800 mg of potassium daily, 9 to 13 years old should get 4,500 mg daily, and those who are 14 and older should get 4,700 mg of potassium daily.

Some symptoms of low potassium levels include: being sleepy all the time, muscle weakness and cramps, nausea, irregular heartbeat, bloating, and constipation.





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**Pennington Nutrition Series No 76, 2010**

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W P N E K C I H C Q W T Y N L  
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POTASSIUM

ELECTROLYTE

SUNFLOWER

TOMATO

CHICKEN

BANANA

EGGPLANT

ORGAN

CELL

TISSUE

HEART

MUSCLE

BONE

CITRUS

POTATO

SALMON

COD

KIDNEY

RAISIN

SEAFOOD