

## Good Sources of Potassium

Potassium is a mineral found in a variety of foods. It serves several functions in the body including maintenance of a regular heartbeat. A well balanced diet that includes an assortment of foods usually contains enough potassium. However, some medications and certain health conditions may result in a low blood potassium level.

- Refined and highly processed foods are lower in potassium than whole grain products.
- Sugars, syrups, fats and oils are essentially potassium free.
- The following is a list of foods that are rich sources of potassium.
- Choose at least 3-4 servings per day of the fruits and vegetables listed.

### Fruits

Apricots	Avocado (high in fat)	Banana
Cantaloupe	Dates	Figs
Fruit cocktail	Honeydew melon	Mango
Nectarine	Papaya	Peach (fresh)
Pear (fresh)	Plums	Pumpkin
Raisins	Rhubarb	Watermelon
Prunes (fruit or juice)	Mandarin oranges	Orange (fruit or juice)

### Vegetables

Artichokes	Broccoli	Brussels sprouts
Carrots	Kale	Mushrooms
Parsnips	Radishes	Swiss chard
Spaghetti sauce	Spinach	Potato (especially skins)
Tomato	Tomato juice	Winter squash
Yams	Sweet potatoes	

### Miscellaneous

Dried beans, peas, and lentils	Nuts	Peanut butter
Chocolate	Molasses	Wheat germ
Bran Products	Instant Coffee	

**Here are some ways to increase the potassium content in your diet.**

1. Select whole grain and bran products instead of refined, processed foods.

Choose

Instead of

Brown rice	White rice
Bran cereal	Rice cereal
Whole wheat pasta	Plain pasta
Wheat bread	White bread

2. Select fresh fruits (with skin or peel) and raw vegetables more often than canned or cooked fruits and vegetables.
3. Do not overcook vegetables - steam, stir-fry, or microwave instead of boil.
4. Save any water in which vegetables are cooked in to add to soups.
5. Serve fresh fruit for dessert instead of cookies, cake, gelatin, etc.
6. Replace part of white flour in recipes with whole-wheat flour.
7. Add a small amount of fruit or molasses to cereal instead of sugar.
8. Drink 100% unsweetened fruit juice instead of fruit drinks, fruit punch, soda or alcoholic beverages.
9. Select potato more often than rice, pasta or noodles and always eat the skin.
10. Some salt substitutes contain potassium. Check with your physician about their use.

If you have any questions, please call Reliant Medical Group Nutrition Department at 1-888-392-0183 or 1-508-852-6175.