



Pushing Potassium – *beyond bananas!*

Potassium is a nutrient found naturally in many foods and in your body. Potassium-rich foods will help maintain your blood potassium levels, which controls many body functions. Fruit, vegetables, legumes, and bran are the best food sources of potassium.

Why do you need a potassium-rich diet?

A potassium-rich diet may be needed if you are taking certain medications such as some types of water pills, or if you have a medical condition that is increasing your need for extra potassium. **The potassium level in your blood should be monitored closely by your physician.**

How many potassium-rich foods do you need?

To increase the potassium in your diet, try to eat:

- At least 2 high and 2 medium potassium fruit per day and
- At least 2 high and 1 medium potassium vegetables per day and
- More whole grain breads and bran cereals

<p style="text-align: center;">High potassium fruit</p> <ul style="list-style-type: none"> • Cantaloupe • Dates • Honeydew melon • Kiwi • Pears • Prunes • Bananas • Apricots • Oranges • Nectarines • Avocado 	<p style="text-align: center;">Medium potassium fruit</p> <ul style="list-style-type: none"> • Grapes • Mandarin oranges • Pineapple • Watermelon • Strawberries • Cherries • Fruit cocktail • Grapefruit • Raspberries • Peaches 	<p style="text-align: center;">Other high potassium foods</p> <ul style="list-style-type: none"> • Bran cereals (very high source of potassium) • Legumes (dried beans, peas, lentils) • Bran muffins • Dark rye bread • Pumpernickel bread • Gingerbread • Granola • Maple syrup • Soy sauce • Malted milk • Ovaltine (with milk) • Salt substitutes* • Dark brown sugar • Licorice • Molasses • Barbecue sauce • Worcestershire sauce <p style="text-align: right;"><small>* Consult your doctor or dietitian before using potassium containing salt substitutes</small></p>
<p style="text-align: center;">High potassium vegetables</p> <ul style="list-style-type: none"> • Beets • Brussel sprouts • Celery • Parsnips • Potato • Spinach • Tomato • Vegetable juice • Winter squash • Pumpkin • Okra • Mushrooms 	<p style="text-align: center;">Medium potassium vegetables</p> <ul style="list-style-type: none"> • Broccoli • Cabbage (cooked) • Carrots • Cauliflower • Celery • Corn • Onions • Peas • Radishes • Spinach (raw) • Squash • Turnip 	

Sample menu plan for a potassium-rich diet:	Fill in your menu plan:	
<p><u>Sample Breakfast</u> Bran cereal, ½ cup Raisins, 2 tbsp. or banana, ½ Egg, 1 Toast, 2 slices Milk, ½ cup</p>	<p>Very high potassium whole grain High potassium fruit</p>	
<p><u>Sample Lunch</u> Sandwich with rye bread, 2 slices and roast beef, 2 oz. Sliced tomato, 1 Cantaloupe, 1/8 small Milk, ½ cup</p>	<p>High potassium whole grain High potassium vegetable High potassium fruit</p>	
<p><u>Sample Dinner</u> Chicken, 3 oz. Potato, 1 Peas, ½ cup Carrots, ½ cup Pineapple, ½ cup Milk, ½ cup</p>	<p>High potassium vegetable Medium potassium vegetable Medium potassium vegetable Medium potassium fruit</p>	
<p><u>Sample Snacks</u> Peaches, canned, ½ cup Yogourt or pudding, ½ cup</p>	<p>Medium potassium fruit</p>	
<p><u>Total Potassium for the Day</u></p>	<p><u>Sample Menu:</u> 2 high potassium fruit 2 medium potassium fruit 2 high potassium vegetables 2 medium potassium vegetables 2 high potassium grains</p>	<p><u>Your Total:</u></p>

Questions?

Talk to your doctor or registered dietitian about your individual dietary needs.