



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

High potassium fruit • Cantaloupe • Dates • Honeydew melon • Kiwi • Pears • Prunes • Bananas • Apricots • Oranges • Nectarines • Avocado	Medium potassium fruit • Grapes • Mandarin oranges • Pineapple • Watermelon • Strawberries • Cherries • Fruit cocktail • Grapefruit • Raspberries • Peaches	Other high potassium foods • 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
High potassium vegetables • Beets • Brussel sprouts • Celery • Parsnips • Potato • Spinach • Tomato • Vegetable juice • Winter squash • Pumpkin • Okra • Mushrooms	Medium potassium vegetables • Broccoli • Cabbage (cooked) • Carrots • Cauliflower • Celery • Corn • Onions • Peas • Radishes • Spinach (raw) • Squash • Turnip	<i>* Consult your doctor or dietitian before using potassium containing salt substitutes</i>

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

Questions?

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



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 For more information please call the Nutrition and Physical Activity Advice Line at 905-546-3630 or
 visit www.hamilton.ca/phcs

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