

**Recommended Dietary Allowance (RDA):**  
**Adults: 4,700mg**

By eating a balanced diet with a variety of fruits, vegetables, meats, cereals and dairy products, meeting daily requirements is easy!



**K+**

# Potassium

## WHY POTASSIUM?

- Maintains fluid and electrolyte balance
- Maintains normal kidney function
- Cardiac, skeletal and smooth muscle contraction
- Normal heart, muscle, and digestive function



## Good Potassium Sources:

- 1 Baked Potato w/skin (1080mg)
- 1 Baked Sweet Potato w/skin (690mg)
- 1c Tomato Sauce (940mg)
- 3oz Flounder (500mg)
- 3oz Halibut (490mg)
- 1/2c Winter Squash (450mg)
- 1c Cantaloupe (430mg)
- 6oz Plain Nonfat Yogurt (400mg)
- 8oz Milk (350mg)
- 3oz Salmon (350mg)
- 1c Grapes (310mg)
- 3/4c Broccoli (295mg)
- 1/4c Sunflower Seeds (270mg)
- 1oz Almonds (210mg)
- 2oz Canned Tuna (130mg)
- 1 Banana (550mg)
- 1/2c Edamame (490mg)
- 1c Orange Juice (480mg)
- 1/2c Spinach (420mg)



Try tuna on a mixed green salad with spinach, tomatoes and broccoli, accompanied by a fruit salad (cantaloupe, honeydew, bananas and strawberries) and glass of skim milk for a potassium packed meal!

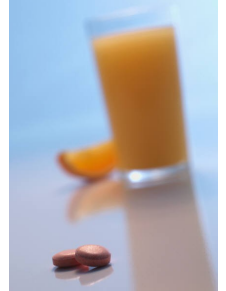
## HOW MUCH IS TOO MUCH?

- Potassium toxicity is often caused from supplementation
- Lethargy, mental confusion, tingling of limbs, weakness, low blood pressure, and an irregular or fast heartbeat
- These symptoms can progress to a drop in blood pressure, convulsion, coma, and eventually cause a heart attack

**Remember—a balanced diet will provide all of the potassium you need, so only supplement when instructed by a medical professional!**

## POTASSIUM SUPPLEMENTS

*Consult your doctor before taking potassium.*



*Other than what is in a normal multi-vitamin supplements can have very dangerous side effects to your health.*

## NOT ENOUGH POTASSIUM?

- Usually caused by excessive diarrhea and vomiting
- Symptoms: weakness, fatigue, irregular heartbeat
  - severe deficiencies may lead to decreased heart rate, extreme muscle weakness and eventually death
- Liver does not work as well and cannot convert glucose to glycogen for storage
- Long term – causes rheumatoid arthritis
- Prevents proper collagen formation
  - May lead to fractures and an inability to heal skin wounds
  - Less protection against premature aging