Maintains fluid and electrolyte balance

Required for proper nerve conduction and muscle contraction

Influences blood volume and blood pressure

Potassium and sodium work together. A diet high in potassium and low in sodium helps maintain a lower blood pressure.

Fruit
- Prunes (dried plums), ½ cup, 637 mg
- Banana, 1 medium, 422 mg

Vegetables
- Potato with Skin, 1 medium, 926 mg

Most people consume too little potassium. In addition to fruit and vegetables, nuts and beans provide potassium.

Men: 3,400 mg
Women: 2,600 mg