

# POTASSIUM



## MAIN FUNCTIONS

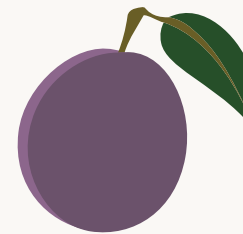
- Maintains fluid and electrolyte balance
- Required for proper nerve conduction and muscle contraction
- Influences blood volume and blood pressure

## GOOD SOURCES

### Fruit

prunes · banana · orange juice

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

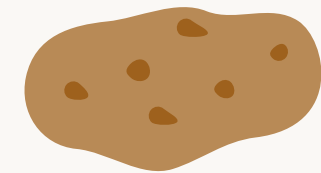


mg = milligrams

### Vegetables

potato · tomato · artichoke

- Potato with Skin, 1 medium, 926 mg



## DAILY RECOMMENDATION

**3,400**  
mg

Men

**2,600**  
mg

Women

## SPECIAL NOTES

- Potassium and sodium work together. A diet high in potassium and low in sodium helps maintain a lower blood pressure.
- Fruit, vegetables, and legumes are naturally high in potassium and low in sodium.
- Most people consume too little potassium. In addition to fruit and vegetables, nuts and beans provide potassium.