

Dietary Guidelines for Increasing Potassium

What is potassium?

Potassium is a mineral found in many foods. When your body's potassium level is normal, it helps:

- Nerves and muscles work.
- Keep a steady heartbeat.
- Keep blood pressure normal.

When do I need to increase my intake of potassium?

If your blood potassium is low you may need to increase your potassium intake. Low potassium levels may cause muscle weakness, cramping and fatigue.

Tips to increase your potassium intake:

Fruit	<ul style="list-style-type: none">• Add high potassium fruits like banana, oranges and kiwi to cereals or eat as a snack.• Add raisins or other dried fruits to a trail mix made with unsalted nuts.• Drink orange, pomegranate or prune juice. Keep track of your fluid intake.
Vegetables	<ul style="list-style-type: none">• Add dried beans and peas to recipes.• When eating potatoes, be sure to eat the skin.• Cook with fresh tomatoes or use unsalted or low sodium tomatoes, tomato sauce or tomato paste.
Dairy	<ul style="list-style-type: none">• Prepare pudding with milk.• Have yogurt as a snack.• Enjoy ice cream or frozen yogurt for dessert.
Other Foods	<ul style="list-style-type: none">• When having a dessert, choose chocolate items.• Try flavoring foods with Nu Salt® or other salt substitutes containing potassium chloride.



Apricots

Bananas

Oranges

High potassium foods to enjoy; these foods have more than 200 milligrams per serving:

Fruits	<ul style="list-style-type: none">• Avocados• Bananas• Cantaloupe and honeydew• Kiwi• Mangos and papaya• Dried fruits such as raisins, apricots, cherries and prunes• Oranges and orange juice• Pomegranate and prune juice
Vegetables	<ul style="list-style-type: none">• Artichoke• Dried beans and peas• Pumpkin• Potatoes• Spinach• Fresh tomatoes or use unsalted or low sodium tomatoes, tomato sauce or tomato paste• Low sodium or unsalted vegetable juices• Winter squashes such as acorn and butternut
Dairy	<ul style="list-style-type: none">• Ice cream• Milk• Yogurt
Other Foods	<ul style="list-style-type: none">• Chocolate• Molasses• Salt substitutes• Unsalted potato chips, seeds and nuts