

## FOODS RICH IN POTASSIUM

**ABOUT POTASSIUM** Potassium is a mineral in your cells. It helps your nerves and muscles work as they should. The right balance of potassium also keeps your heart beating at a steady rate.

A potassium level that is too high or too low can be dangerous. If your levels are high or low, you may need to change the way you eat.

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**FOODS HIGH IN POTASSIUM**

**FRUIT & NUTS**

- Almonds
- Apricots
- Dates, prunes, raisins
- Bananas
- Blackberries
- Kiwis
- Honeydew
- Nectarine
- Orange, orange juice
- Grapefruit
- Strawberries
- Mango
- Peach

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**VEGETABLES**

- Tomatoes
- Turnip
- Broccoli
- Brussels sprouts
- Carrots
- Asparagus
- Avocados
- Pumpkin
- Spinach
- Sweet Potatoes
- Potatoes - baked, mash, fries

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**DAIRY PRODUCTS**

- Milk
- Yogurt
- Buttermilk
- Chocolate

**MEATS**

- Salmon
  - Tuna
  - Beef
  - Turkey
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