

Boost Your Health with a High-Potassium Diet

Why Should I Consider a High Potassium Diet?

Potassium is an essential mineral that plays a vital role in heart health, muscle function, and nerve signaling. Increasing your potassium intake can help manage blood pressure, balance fluids, and support overall wellness.

Here's how you can incorporate more potassium-rich foods into your daily diet.

Why is Potassium Important?

- **Blood Pressure Control:** Potassium helps relax blood vessels, countering the effects of sodium and lowering blood pressure.
- **Heart Health:** Adequate potassium intake supports heart rhythm and reduces the risk of stroke.
- **Bone and Muscle Strength:** Potassium is crucial for maintaining strong bones and proper muscle function.
- **Fluid Balance:** Potassium helps to regulate fluid balance in the body, preventing dehydration and bloating.



Top Potassium-Rich Foods:

Fruits:

Bananas, oranges, cantaloupe, apricots, and dried fruits like raisins and prunes.

Vegetables:

Spinach, sweet potatoes, avocados, tomatoes and mushrooms.

Legumes:

Lentils, kidney beans, white beans and chickpeas.

Dairy:

Milk, yogurt and fortified plant-based alternatives.

Nuts and Seeds:

Almonds, sunflower seeds and flaxseeds.

Easy Ways to Increase Potassium Intake:

Add Fruits to Your Breakfast:

Top your cereal or oatmeal with banana slices or a handful of raisins.

Choose Potassium-Rich Snacks:

Enjoy a yogurt with sliced apricots or a handful of almonds.

Incorporate Veggies into Every Meal:

Add spinach to your smoothies or include a side of sweet potatoes with dinner.

Make Smart Substitutions:

Replace white potatoes with sweet potatoes or choose avocado instead of butter on toast.

Opt for Whole Grains:

Whole grains like quinoa and brown rice offer more potassium than refined grains.

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