

Potassium

Potassium is essential for proper cell functioning and nervous tissue, normalizing blood pressure, preventing excess fluid retention, activating enzymes, conducting nerve impulses and improving physical performance.

Deficiency Symptoms:

Muscular weakness or pains, tiredness, and low blood pressure.

Recommended daily allowance (RDA):

3.5g or 3500mg per day

Foods Rich in Potassium:

Potassium rich foods	Potassium content (mg)	Amount
Apricots, dried	407	10 halves
Avocados, raw	180	1 oz
Bananas, raw	594	1 cup
Beets, cooked	519	1 cup
Brussel sprouts, cooked	504	1 cup
Cantaloupe	494	1 cup
Figs, dry	271	2 figs
Kiwi fruit, raw	252	1 medium
Lima beans	955	1 cup
Melons, honeydew	461	1 cup
Milk, skim	407	1 cup
Nectarines	288	1
Orange juice	496	1 cup
Oranges	237	1
Pears	208	1
Peanuts, dry roasted, unsalted	187	1 oz
Potatoes	1081	1 medium
Prune juice	707	1 cup
Prunes, dried	328	1 cup
Raisins	1089	1 cup
Spinach	339	1 cup
Tomato products	909	1 cup
Winter squash	396	1 cup
Yogurt, plain	579	1 cup