

### Tomato Products

1 cup = 2,657 mg



### Bok Choy

1 cup = 631 mg



### Raisins or Figs

1 cup figs or ¼ cup raisins = 1,021 mg



### Mango

1 mango = 564 mg



### Brussels Sprouts

1 cup = 495 mg



# Lower Blood Pressure

with

## Potassium-Packed Foods

Aim for at least 4,700 mg of potassium each day

Source: Yokoyama Y, Nishimura K, Barnard D.N, Takegami M, Watanabe M, Sekikawa A, Okamura T, Miyamoto Y. Vegetarian Diets and Blood Pressure: A Meta-analysis. *JAMA Internal Medicine* (in press).



### Winter Squash

1 cup = 494 mg



### Banana

1 Medium Banana = 422 mg



### Sweet Potatoes

1 Medium Sweet Potato = 438 mg



### Lentils

½ cup cooked lentils = 365 mg



### Kale

1 cup, chopped = 329 mg