

POTASSIUM



Oregon State University
Linus Pauling Institute

MAIN FUNCTIONS

- Maintains fluid and electrolyte balance
- Required for proper nerve conduction and muscle contraction
- Influences blood volume and blood pressure

GOOD SOURCES

Fruit

prunes · banana · orange juice

- Prunes (dried plums), ½ cup, 637 mg
- Banana, 1 medium, 422 mg



Vegetables

potato · tomato · artichoke

- Potato with Skin, 1 medium, 926 mg



mg = milligrams

DAILY RECOMMENDATION

3,400
mg

Men

2,600
mg

Women

SPECIAL NOTES

- Potassium and sodium work together. A diet high in potassium and low in sodium helps maintain a lower blood pressure.
- Fruit, vegetables, and legumes are naturally high in potassium and low in sodium.
- Most people consume too little potassium. In addition to fruit and vegetables, nuts and beans provide potassium.