

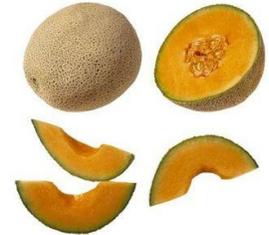
Blood Pressure and Potassium: What's the Connection?

Potassium is an important mineral that plays a role in controlling blood pressure. When most people think about food sources of potassium, the first thing that comes to mind is bananas. Bananas are a good source of potassium, but there are other foods that contain potassium, too.



Daily Potassium Recommendations

Age	Amount (mg/day)
1-3 years	3,000
4-8 years	3,800
9-13 years	4,500
14-18 years	4,700
19+ years	4,700



Food Source and Amount	Potassium (mg)
Spinach, cooked, 1 cup	890
Sweet potato, 1 medium	694
Prunes, 10 dried	626
White potato, baked w/ skin, 1 medium	610
Yogurt, low-fat, 8 ounces	490
Broccoli, cooked, 1 cup	460
Cantaloupe, 1 cup	430
Banana, 1 medium	422
Milk, low-fat, 8 ounces	366
Tomato, 1 medium	290
Beets, ½ cup	267
Turkey, light meat, 3 ounces	250
Orange, 1 medium	237
Strawberries, ½ cup	230
Tuna, water packed, 3 ounces	225
Collard greens, cooked, 1 cup	220
Peach, 1 medium	186

*If you are an older adult or have a kidney disorder, talk to your doctor before altering your daily potassium intake.

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References: National Institutes of Health, Academy of Nutrition and Dietetics, Department of Health and Human Services



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(412) 687-2243