

# Increasing Your Potassium Intake

## Why it is Important to Increase Potassium Intake

Potassium is a mineral found naturally in many foods and in your body. Potassium-rich foods will help maintain your blood potassium levels, a factor which controls many body functions. Potassium-rich foods may be needed if you are taking certain medications such as some types of diuretics (water pills), or if you have a medical condition that is causing you to need extra potassium. Taking in more potassium may help lower high blood pressure. The potassium level in your blood should be watched closely by your Doctor. Although fruits and vegetables tend to contain the most potassium, listed below are other examples of foods that also contain large amounts of potassium.

## Examples of High Potassium Foods

- Fruits and Vegetables. See Fact Sheet on "Fruit and Vegetable Choices for a High Potassium Diet".
- Bran cereals, peas, beans, lentils (125 mL [ $\frac{1}{2}$  cup] = 320 - 400 mg).
- Bran muffins and breads such as dark rye, pumpernickel and gingerbread (1 slice = 160 mg).
- Granola ( 175 mL [ $\frac{3}{4}$  cup] = 160 mg).
- Malted milk and Ovaltine® (250 mL [1 cup] = 560 mg).

Other foods high in potassium are maple syrup, soy sauce, some salt substitutes, dark brown sugar, chocolate, licorice\*, molasses, barbeque sauce, Worcestershire sauce, sweet and sour sauce and nuts.

*\* If you have high blood pressure, avoid the use of licorice as it can increase your blood pressure.*



## Steps you can take

To increase the potassium in your diet, try to eat at least 2 high and 2 medium potassium fruits and 2 high and 1 medium potassium vegetables each day. Eat whole grain breads more often.

Consult your Doctor or Dietitian before using a potassium-containing salt substitute.

### Adequate Daily Potassium Intakes

	<i>Potassium mg/d</i>	
Age	Male	Female
1-3 years	3000	3000
4-8 years	3800	3800
9-13 years	4500	4500
14-70 years	4700	4700
> 70 years	4700	4700
Pregnancy (all ages)		4700
Lactation (all ages)		5100



## Notes

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