

## Role of Potassium Inside The Body

### Muscle & Nerve Health

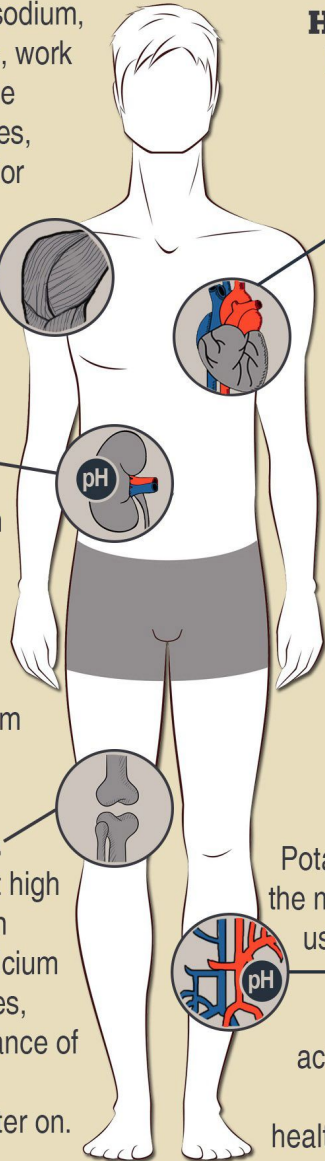
Potassium and sodium, both electrolytes, work together to create electrical impulses, which is crucial for not only nerve function but also muscle contractions.

### Kidney Health

Eating foods high in potassium can help keep your kidney healthy and prevent kidney stones from forming.

### Bone Health

Maintaining a diet high in potassium can help improve calcium retention in bones, reducing the chance of developing osteoporosis later on.



### Heart Health

Low potassium intake has been linked to high blood pressure and cardiovascular disease. Studies found that for every 1,640 mg of potassium consumed per day, there is a 21% reduction in the risk of stroke.












### Acid-Base Balance

Potassium is one of the main electrolytes used by the body to maintain a healthy acid-base balance by supporting healthy cell function.




# POTASSIUM (K)


Potassium (K) is an essential mineral nutrient found in a variety of food sources. Within the body, potassium is an important component of our cells, which in turn affects a large amount of our body's proper functioning. It is estimated that up to 98% of Americans are deficient in potassium. This is why the FDA has updated the nutritional panel to require that foods show their content of this important nutrient.

## Sources of Potassium

<p>1 medium <b>Baked Potato</b></p>  <p>950 mg K 161 calories</p>	<p>1 cup <b>Brussel Sprouts</b></p>  <p>450 mg K 38 calories</p>	<p>1/2 cup <b>Acorn Squash</b></p>  <p>450 mg K 116 calories</p>	<p>1 medium <b>Artichoke</b></p>  <p>345 mg K 60 calories</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Vegetables</p>	<p>1 medium <b>Banana</b></p>  <p>422 mg K 105 calories</p>	<p>1/4 cup <b>Raisins</b></p>  <p>300 mg K 108 calories</p>
<p>1 cup <b>Orange Juice</b></p>  <p>500 mg K 111 calories</p>	<p>3/4 cup <b>Tomato Juice</b></p>  <p>400 mg K 31 calories</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Juice/Beverages</p>	<p>1 cup <b>Green Peas</b></p>  <p>450 mg K 118 calories</p>	<p>1/2 cup <b>Pinto Beans</b></p>  <p>400 mg K 99 calories</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Legumes</p>	<p>1 <b>Kiwi</b></p>  <p>215 mg K 42 calories</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Fruits</p>	

If you were to eat all the above, you would have eaten a **Total of = 4,882 mg Potassium & 899 Calories**

While you would reach your daily recommended amount of Potassium   **4,700 mg**  
New DV! Up from 3,500 mg! 

You would have eaten almost half of your recommended calorie intake! 

*This is why fortification is so important!*  
It is a successful way to get the nutrients you need without going over your recommended calorie intake.