

POTASSIUM

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Healthline article | [What Does Potassium Do for Your Body? A Detailed Review](#)

This article discusses how potassium functions in our body, the potential benefits and more. Please visit the article to learn about these in much more detail.

Functions of Potassium:

- ❖ Helps regulate fluid balance
- ❖ Important for the nervous system
- ❖ Helps regulate muscle and heart contractions

Benefits of Potassium:

- ❖ May help reduce blood pressure
- ❖ May help protect against strokes
- ❖ May help prevent osteoporosis
- ❖ May help prevent kidney stones
- ❖ May reduce water retention

POTASSIUM AND BLOOD PRESSURE

Potassium was discussed in detail in the handout titled “**Blood Pressure**”. Potassium has a unique role in balancing out sodium; eating more potassium relative to sodium is a great way to lower blood pressure.

FOOD SOURCES OF POTASSIUM

Check out this visual (right) of the “Top 10 Foods Highest in Potassium”, found at www.myfooddata.com. Please visit this site for many excellent visuals, tables and printable materials. [This link](#) will take you to this chart (right). For each item listed, there will be several other options. For example, beneath the beet greens, you will see other options like Swiss chard, spinach and kale.

As you scan this table, consider whether you currently include any of these in your diet, and whether you could find ways to eat more of these (or the alternatives listed for each).

Some of these items are higher in carbs than others. Depending on your “carb allowance” you may need to lean heavier on the lower carb options. There are also ways to use these that maximize the “[resistant starch](#)” component, which will have less impact on blood sugar and provide gut health benefits.

MYFOODDATA

Top 10 Foods Highest in Potassium

4700mg of Potassium = 100% of the Daily Value (%DV)

1 Beet Greens  28% DV (1309mg) per cup cooked 39 calories	2 Salmon  23% DV (1068mg) per 6oz fillet 309 calories
3 Large White Beans  21% DV (1004mg) per cup 249 calories	4 Avocados  21% DV (975mg) per avocado 322 calories
5 Potatoes  20% DV (926mg) in a medium potato 161 calories	6 Acorn Squash  19% DV (896mg) per cup cooked 115 calories
7 Milk  16% DV (732mg) per 16oz glass 205 calories	8 White Button Mushrooms  12% DV (555mg) per cup cooked 44 calories
9 Bananas  11% DV (537mg) per cup sliced 134 calories	10 Tomato  11% DV (523mg) per cup cooked 43 calories