

# Power of Potassium

## What is Potassium?

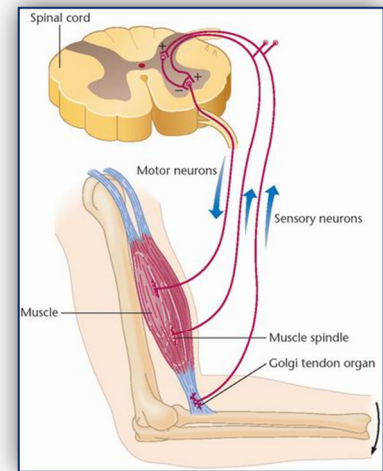
Potassium is an electrolyte and mineral. It is especially important in regulating the activity of muscles and nerves. It is responsible for the frequency and degree to which our muscles contract and to which our nerves become excitable.

## Functions of Potassium

- Help your muscles and nerves function properly.
- Maintain proper electrolyte and acid-base balance in your body.
- Help lower your risk of high blood pressure.

## How do I know if I am Deficient in Potassium?

- Muscle weakness
- Confusion
- Irritability
- Fatigue
- Heart problems
- Chronic diarrhea
- Any event that draws excessive fluid out of the body – regular, intense exercise, overuse of diuretics (including caffeine-containing beverages), or poor water intake.



**A diet that is high in sodium and low in potassium can negatively impact potassium levels. If you are consuming a diet high in processed foods and low in fruits and vegetables, many health experts recommend taking in at least 5x more potassium than sodium.**

## World's Healthiest Foods Rich in Potassium

| Food        | Calories | % Daily Value |
|-------------|----------|---------------|
| Swiss Chard | 35       | 27.4%         |
| Lima Beans  | 216      | 27.2%         |
| Potatoes    | 161      | 26.4%         |
| Yam         | 158      | 26%           |
| Spinach     | 41       | 23.9%         |
| Papaya      | 119      | 22.3%         |
| Mushrooms   | 31       | 18.1%         |
| Banana      | 105      | 12.1%         |

## The DASH Diet and Potassium



The DASH (Dietary Approaches to Stop Hypertension) diet emphasizes potassium rich foods to help keep blood pressure levels healthy and help reduce elevated or high blood pressure. Be sure to get your potassium from fruits and vegetables because they are rich in the form of potassium (potassium with bicarbonate precursors) that favorably affects acid-base metabolism. This form of potassium may help to reduce risk of kidney stones and bone loss.

Resources: <http://www.whfoods.com/>