

Family Health Centers Nutrition Program
FOODS RICH IN POTASSIUM

Potassium is widely available in the foods we eat. It is found more abundantly in unprocessed, low fat foods. The foods listed below are examples of ones richest in potassium, however there are many other foods containing adequate amounts of this important mineral.

Other than a multivitamin mineral supplement, potassium supplements should only be taken with medical supervision.

Low fat milk and yogurt

Lean meats and fish

Dried peas and beans

Nuts and legumes (pistachios, almonds, peanuts...)

Fruits:

citrus, especially orange and juice
banana
dried fruits (raisin, prune, apricot, dates...)
avocado
melon (cantaloupe, honeydew, watermelon)
kiwi
pear
fig
nectarine

Vegetables:

potato (white and sweet)
artichoke
greens (beet, spinach, chard, collard)
parsnip
squash (winter has more than summer)
tomato and juice
vegetable juice
brussels sprouts
chili peppers

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at 828-258-8681