



Potassium Powerhouses



In general, fruits, vegetables and dairy products are good sources of potassium.

Items listed contain at least 250 mg/serving.

DAIRY PRODUCTS (CHOCOLATE VERSIONS ARE HIGHER THAN PLAIN OR VANILLA)

- milk
- puddings and custards
- chocolate ice cream/ milkshakes
- egg nog
- soy milk
- Carnation Instant Breakfast
- yogurt

VEGETABLES

- winter squash (1c baked)
- spinach (1c cooked)
- tomato puree (1/2c canned)
- Brussels sprouts (8 cooked)
- baked potato (1 each)
- cauliflower (1c cooked)
- sweet potato, baked
- romaine lettuce (4 large leaves)
- green beans (1c cooked)
- broccoli (1c cooked)
- green cabbage (1c cooked)
- summer squash (1c cooked)
- kale (1c cooked)
- tomato (1 cup ripe)
- asparagus (8 spears cooked)
- mushrooms (1c)
- raw celery (1c)
- lima beans (1c)
- lentils

FRUITS

- orange juice (1c)
- cantaloupe (1c)
- dried apricots (10 halves)
- honeydew melon (1c)
- banana (1 each)
- grapefruit juice (1c)
- raisins (1/3c)
- prunes (5)
- pineapple juice (1c)
- apple juice (1c)
- dates (5)
- kiwi (1 each)
- orange
- strawberries (1c raw)
- avacado (1c)

**CONTACT HEALTH SERVICES IF
YOU HAVE ANY ADDITIONAL
QUESTIONS OR CONCERNS.**



HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)

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