

## POTASSIUM AND YOUR DIET

Potassium is substance that is crucial to the human body. A normal potassium level is between 3.5 and 5

A low potassium level (less than 3.5) can result from excessive sweating, severe diarrhea, diuretics (water pills), laxatives and some weight-loss diets. A low potassium level can cause weakness and fatigue. People with a low potassium level should eat foods HIGH in potassium.

A high potassium level (greater than 5) can result from kidney problems, muscle breakdown and some medications. A very high potassium level can cause weakness, numbness, and serious heart rhythm problems. People with a high potassium level should eat foods LOW in potassium.

<b>High in Potassium</b>	<b>Moderate in Potassium</b>	<b>Low in Potassium</b>
(More than 225 milligrams per ½ cup serving)	(125 to 225 mg milligrams per ½ cup serving)	(Less than 125 milligrams per ½ cup serving)
Apricots, raw or dried Artichoke Avocado Banana Broccoli Brussel Sprouts Cantaloupe Chile peppers (fresh) Dried Beans Dried Fruits, Raisins Figs, Dates Honeydew Kiwi Lima beans Milk Nectarines Nuts Oranges and orange juice Potatoes, Sweet Potatoes, Yams Prunes Spinach Tomatoes, Tomato products Vegetable juices Winter squash Yogurt, low fat	Apple juice Asparagus Beets Blackberries Carrots Cherries Chile peppers (canned) Corn Eggplant Grapefruit Green peas Loose-leaf lettuce Mushrooms, fresh Onions Peach Pears Pineapple Potatoes: peeled, sliced and soaked overnight before cooking Raspberries Strawberries Summer squash Tangerines Zucchini	Apple sauce Apples Bell peppers Blueberries Cabbage Cranberries Cranberry juice Cucumber Fruit cocktail Grapes Green beans Iceberg lettuce Mandarin oranges, canned Mushrooms Peaches, canned Pineapple, fresh Plums Watermelon