

# Getting More Potassium

Potassium is a heart healthy mineral that helps your body function properly and keeps blood pressure levels healthy.



salmon

dried apricots

baked potato

avocado

Increasing potassium by eating potassium-rich food is recommended for adults with high blood pressure who are otherwise healthy. While salt substitutes containing potassium are sometimes needed if you are on medication for high blood pressure, these supplements can be harmful to people with certain medical conditions. Ask your doctor before trying salt substitutes or supplements.

Fortunately, many healthy foods in the DASH eating plan are naturally rich in potassium, with vegetables and fruits being especially good sources.

## Vegetables

Baked potatoes are easy to prepare and one of the best sources of potassium. One medium baked potato with the skin on has 941 mg of potassium. Top with herbs or salt-free seasoning so you can avoid any extra sodium.

## Fruits

Many people know that bananas are a good source of potassium with 422 mg in a medium one, but dried fruits like peaches and apricots are also loaded with potassium and easy to have on hand for healthy snacks.

## Dairy

One cup of plain, non-fat yogurt has 579 mg of potassium. Combine with fresh fruit like chopped bananas to add flavor and even more potassium. It can also be used as a dip, condiment, or substitution for high-fat dairy.

## Fish

Eating fish high in omega-3 fatty acids about twice a week is recommended for heart health. Some fish are also good sources of potassium, wild Atlantic salmon being one of the best at 534 mg per 3-ounce serving.

## EASY DASH RECIPES PACKED WITH POTASSIUM

### Summer Breeze Smoothie

Non-fat plain yogurt, banana, strawberries, canned pineapple and a touch of vanilla make a refreshing treat.

### Spicy Baked Fish

A salmon fillet, olive oil, and salt-free spicy seasoning baked for 15 minutes is quick, easy, and delicious.

### Garlic Mashed Potatoes

No added salt or fat is used in this easy-to-prepare, tasty potato dish that can even be made in the microwave.

### Limas and Spinach

This delicious dish delivers 452 mg of potassium per serving by combining two potassium powerhouses.

To find these and other potassium-rich recipes, visit [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov).

# Good Sources of Potassium

Potassium comes from a variety of food sources like the ones below. The DASH eating plan is designed to be rich in potassium, with a target of 4,700 mg potassium daily.

Potassium Source	Serving Size	Milligrams of Potassium
<b>Vegetables</b>		
Potato, baked with skin	1 medium	941
Beet Greens, cooked from fresh	½ cup	654
Tomato Puree	½ cup	549
Sweet Potato, baked with skin	1 medium	542
Swiss Chard, cooked	½ cup	481
Yam, cooked	½ cup	456
Acorn Squash, cooked	½ cup	448
Spinach, cooked from fresh	½ cup	419
<b>Fruits</b>		
Banana	1 medium	422
Peaches, dried	¼ cup	399
Prunes, stewed	½ cup	398
Apricots, dried	¼ cup	378
Avocado	½ cup	364
Plantains, slices, cooked	½ cup	358
<b>Dairy</b>		
Plain Yogurt, Nonfat	1 cup	579
Skim Milk (Nonfat)	1 cup	382
<b>Nuts, Seeds, and Legumes</b>		
White Beans, canned	½ cup	595
Soybeans, cooked	½ cup	485
Lima Beans, cooked	½ cup	478
Pinto Beans, cooked	½ cup	373
Lentils, cooked	½ cup	365
Kidney Beans, cooked	½ cup	357
<b>Meats, Fish, and Poultry</b>		
Salmon, wild Atlantic, cooked	3 ounces	534
Halibut, cooked	3 ounces	449
Tuna, Yellowfin, cooked	3 ounces	448
Snapper, cooked	3 ounces	444
Rockfish, Pacific, cooked	3 ounces	397

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute