

Time	Narration
00:01	Welcome to the <b>spoken tutorial</b> on the importance of <b>potassium</b> .
00:05	In this tutorial, we will learn about:
00:08	Health benefits of <b>potassium</b> .
00:12	Causes of it's deficiency.
00:15	Recommended daily intake of <b>potassium</b> .
00:19	Food sources.
00:22	<b>Potassium</b> is an essential type 2 nutrient.
00:26	It is required for normal functioning of cells.
00:31	It is also one of the important <b>electrolytes</b> .
00:36	<b>Potassium's</b> main role is to maintain the normal levels of fluid inside the cell.
00:43	While <b>sodium</b> maintains the fluid level outside the cells.
00:49	<b>Potassium</b> regulates heartbeat and supports normal blood pressure.
00:55	It ensures proper functioning of muscles and nerves.
01:01	It contributes towards <b>protein</b> synthesis and
01:05	<b>carbohydrate</b> metabolism.
01:08	We will now see the effects of sugar and <b>sodium</b> on blood pressure.
01:14	On eating food high in sugar and salt, our <b>sodium</b> level increases.
01:21	Sugar enhances <b>sodium</b> absorption in the body by the kidney.
01:27	As a result, <b>sodium</b> gets retained in the body.
01:32	This causes an increase in blood pressure and
01:36	water retention in the body.
01:39	As a result, puffiness in hands and feet can be seen.
01:44	It is recommended to avoid sugar intake
01:48	and increase <b>potassium</b> intake.
01:52	<b>Potassium</b> relaxes the blood vessels and removes excess <b>sodium</b> .
01:58	Thereby the blood pressure reduces.
02:02	Remember that each day, our body requires more <b>potassium</b> than <b>sodium</b> .
02:09	I will discuss the recommended dietary allowance later in this tutorial.
02:15	There are various factors that cause increased deficiency of <b>potassium</b> .
02:21	A diet which is low in <b>potassium</b> is one of them.
02:27	Some medicines can cause removal of a lot of <b>potassium</b> from the body.
02:33	This factor also causes deficiency of <b>potassium</b> .
02:39	Frequent vomiting and diarrhea can also lead to deficiency.
02:44	In such cases, along with <b>potassium</b> , the body also loses <b>chloride</b> and <b>sodium</b> .
02:52	Deficiency of <b>magnesium</b> also causes <b>potassium</b> deficiency.
02:58	Kidneys need <b>magnesium</b> to reabsorb <b>potassium</b> .
03:04	This helps in maintaining normal levels of <b>potassium</b> in cells.
03:11	People with <b>pica</b> are also at the risk of <b>potassium</b> deficiency.
03:17	<b>Pica</b> is an intake of inedible substances like clay or soil.
03:25	Clay binds with <b>potassium</b> and increases <b>potassium</b> excretion from the body.
03:31	This can lead to the deficiency of the mineral in the body.

03:37	Inflammation in the intestine can decrease the absorption of <b>potassium</b> .
03:43	This factor also causes deficiency of <b>potassium</b> .
03:48	Low <b>potassium</b> intake impairs <b>calcium</b> reabsorption in the kidney.
03:55	This leads to increased <b>calcium</b> excretion in the urine
03:59	and causes kidney stones.
04:03	Early symptoms of deficiency include fatigue,
04:07	muscle weakness and
04:09	cramps.
04:11	Irregular heart beat is another example.
04:16	Loss of <b>potassium</b> happens due to impaired glucose metabolism.
04:22	Sudden loss of <b>potassium</b> can increase blood sugar level.
04:27	The deficiency causes growth retardation and
04:31	decreased levels of <b>growth hormone</b> .
04:35	<b>Growth hormone</b> helps in the formation of new cells and
04:40	stimulates growth.
04:42	Severe deficiency can cause high blood pressure and mental confusion.
04:49	High blood pressure is one of the major causes for heart diseases and stroke.
04:56	Like deficiency, increase in the level of <b>potassium</b> also causes health issues.
05:03	Increase in the level of <b>potassium</b> in the blood can be fatal.
05:09	There are various factors that cause increased levels of <b>potassium</b> in blood.
05:16	Certain medication for kidney ailments is one of the reasons.
05:21	Using <b>potassium</b> based salt substitutes also increases <b>potassium</b> in blood.
05:28	Eating a high <b>potassium</b> diet with existing kidney issues is another risk factor.
05:37	I will discuss the food sources of <b>potassium</b> in the later part of this tutorial.
05:43	The symptoms of increased <b>potassium</b> in the body are weakness
05:48	and fatigue.
05:50	Nausea, vomiting, difficulty in breathing and chest pain are other symptoms.
05:59	Recommended intake of <b>potassium</b> differs for different age groups.
06:05	1 to 3 year old requires around 1,100 milligrams per day.
06:14	4 to 6 year old require about 1,550 milligrams per day.
06:22	For men, it is 3,750 milligrams per day.
06:29	For women, it is around 3,225 milligrams per day.
06:36	I will now tell you about the vast food sources of <b>potassium</b> .
06:42	It is naturally present in all plant based foods.
06:47	Pulses, legumes, nuts, seeds and spices are the richest sources.
06:57	Vegetables, fruits, grains and milk also have <b>potassium</b> .
07:05	30 grams of raw green gram has approximately 353 milligrams of <b>potassium</b> .
07:14	30 grams of raw soybean has around 490 milligrams.
07:20	30 grams of raw split red gram has approximately 419 milligrams.
07:29	30 grams split black gram has around 347 milligrams.
07:36	20 grams of almonds have approximately 140 milligrams.
07:43	20 grams of cashew nuts have approximately 127 milligrams.
07:50	10 grams of sesame seeds have around 46 milligrams.

07:56	10 grams of sunflower seeds have approximately 56 milligrams of <b>potassium</b> .
08:04	100 grams of spinach has around 625 milligrams of <b>potassium</b> .
08:12	100 grams of amaranth leaves have approximately 572 milligrams.
08:19	100 grams of orange has nearly 164 milligrams.
08:26	100 grams of guava has around 283 milligrams of <b>potassium</b> .
08:33	250 ml of milk has approximately 260 milligrams of <b>potassium</b> .
08:41	Likewise some spices and condiments have high amounts of <b>potassium</b> .
08:48	5 grams of turmeric powder has around 118 milligrams.
08:55	5 grams of fenugreek seeds have around 46 milligrams.
09:01	5 grams of red chilli powder has around 112 milligrams.
09:08	5 grams of black pepper seeds have approximately 74 milligrams.
09:15	5 grams of coriander seeds has around 74 milligrams.
09:22	Include these <b>potassium</b> rich food regularly for good health and wellbeing.
09:29	<p>This brings us to the end of this tutorial.</p> <p>Thank you for joining.</p>