

Potassium is an essential mineral in the human diet and plays an important role in many physiological processes in the body, including the distribution of bodily fluids, transmission of nerve impulses, and muscle contraction.

### FOOD SOURCES



**Grilled Salmon**  
**410 mg**  
[100 g]



**Avocado**  
**330 mg**  
[½ demi, 100g]



**Banana**  
**315 mg**  
[medium banana]



**Powder Milk**  
**365 mg**  
[3 tbsp, 25 g]



**Tomato**  
**287 mg**  
[1 uni. 115 g]



**Almond**  
**218 mg**  
[1 handful, 25 g]

### SIGNS OF DEFICIENCY

Potassium deficiency is manifested by fatigue, muscle weakness and cramps, sluggish bowel movements, bloating, abdominal pain and constipation.

Low potassium intake is associated with increased blood pressure and an increased risk of stroke.

### NUTRITIONAL NEEDS



0 - 6 months old

400 mg/day



7 - 12 months old

860 mg/day



1 - 3 years old

2000 mg/day



4 - 8 years old

2300 mg/day



9 -13 years old

2500 mg/day



9 - 13 years old

2300 mg/day



14 -18 years old

3000 mg/day



14 - 18 years old

2300 mg/day



+ 19 years old

3400 mg/day



+ 19 years old

2600 mg/day



Pregnancy 14-18 years old

2600 mg/day



Pregnancy 19-50 years old

2900 mg/day



Breastfeeding women

2500-2800 mg/day