

The Potassium Food Plan

Fight sodium with the mineral most people miss.

3,500MG POTASSIUM A DAY,
IDEALLY FROM FOOD

1 Add Potassium Every Time You Cut Salt

The two changes work best together.

- ☐ Pair less salt with a potassium-rich food on the plate.
- ☐ Think spinach, beans, a baked potato or plain yogurt.
- ☐ The AHA says food is the best source, not pills.

2 Build Meals on the DASH Pattern

It lands you near the target on its own.

- ☐ Lean on fruits, vegetables, whole grains and low-fat dairy.
- ☐ This pattern is built to lower blood pressure.
- ☐ No counting needed once the plate looks right.

3 Clear It With Your Provider First

Some people must limit potassium.

- ☐ Ask first if you have kidney disease.
- ☐ ACE inhibitors and ARBs already raise potassium.
- ☐ Check before using any potassium salt substitute.

4 Reach for Food, Not Supplements

Food beats a supplement every time.

- ☐ Most people in the US fall short of the target.
- ☐ One banana is only about 450 mg, so vary your foods.
- ☐ Supplements are unregulated, so ask before adding one.

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