



POTASSIUM

Did you know???

Potassium is an **electrolyte** that helps maintain fluid balance, muscle contractions and transmitting signals through nerves. **Potassium is used to maintain a steady heartbeat.**

Sodium and potassium are closely linked in your body. When you have high sodium, the kidney works to remove it, **this removes potassium** at the same time. If potassium levels are low, your body tries to hold onto it, which means also hanging onto sodium. Therefore, you may want to keep an eye on your potassium: sodium nutrient balance.

NUTRITIONAL FACTS

FOOD	QTY	POTASSIUM	DAILY %	CARBS	CALORIES
Fennel -raw	1 cup	1407mg	41%	14g	105
White Beans	1 cup	1189mg	35%	43g	298
Beetroot-raw	1 cup	918mg	27%	19g	121
Sweet Potato	1 cup	901mg	27%	45g	230
Lentils, boiled	1 cup	730mg	21%	28g	230
Kidney Beans	1 cup	490mg	14%	28g	219
Potatoes	1 large	905mg	27%	33g	164
Octopus	100g	630mg	19%	0g	101
Banana	1 large	486mg	14%	31g	121