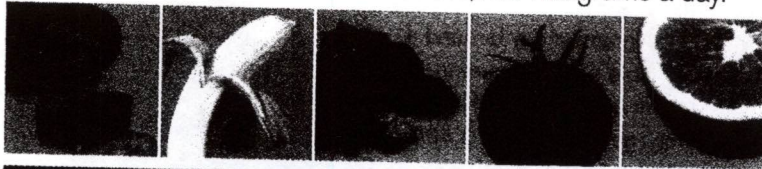


POTASSIUM POWERHOUSES

Potassium lowers your blood pressure and is a great counterbalance to the sodium in your diet. Load up on these foods to get your recommended 4,700 milligrams a day.



FOOD	SERVING SIZE	POTASSIUM (mg)
Sweet potato	5 oz, baked	694
White potato	5½ oz, baked	610
White beans	½ cup, canned	595
Yogurt, plain, nonfat	8 oz container	579
Prune juice	¾ cup	530
Halibut	3 oz, cooked	490
Edamame	½ cup, cooked (beans only)	485
Lima beans	½ cup, cooked	484
Winter squash	½ cup, cooked	448
Cod, Pacific	3 oz, cooked	439
Banana	1 medium	422
Spinach	½ cup, cooked	419
Tomato sauce	½ cup	405
Tomato	1 medium	292
Orange	1 medium	237

