

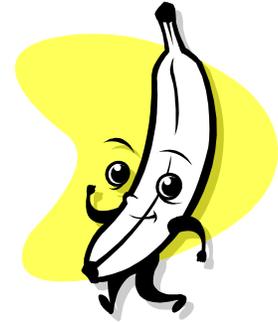
# 10 Common Foods with More Potassium than Bananas

by Deanna Reiter, MA

A banana a day keeps the muscle cramps away. Or so you may think.

Bananas are high in potassium. They contain approximately 460 milligrams of potassium for a medium-sized banana. Potassium aids in nerve and muscle function and balancing electrolytes and pH level. Water and calcium also help in these processes.

Although bananas have gotten the most attention as a good source of potassium, it turns out that so are *most* fruits and vegetables, as well as many other foods.



460 mg

## Here are ten common foods with more potassium than bananas:

1. Potato (1,081 mg)
2. Winter squash (896 mg)
3. Spinach (839 mg)
4. Baked beans (752 mg)
5. Raisins (544 mg)
6. Avocados (540 mg)
7. Yogurt, low-fat (531 mg)
8. Orange juice (496 mg)
9. Cantaloupe (494 mg)
10. Tuna (484 mg)

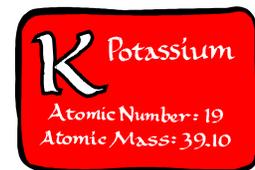


896 mg

Nuts, seeds, breads, cereals, soups, chocolate and molasses are also good sources of potassium.

The daily recommendation for potassium is 3,500 milligrams. Some of the effects of low potassium (hypokalemia) include:

- muscle weakness
- cramping
- fatigue
- confusion
- problems with muscle coordination
- irregular heartbeat
- heart failure



A level of 18,000 mg is considered too much. People with certain kidney diseases need to watch their intake of potassium.

Deanna Reiter is the author of *Dancing with Divinity: Positive Affirmations for any Situation* and *The Nine Scoundrels: How to Recognize and Release Subtle Patterns of Sabotage*. She is a Certified Yoga Instructor, Personal Trainer and Master Trainer for the National Exercise Trainers Association. She is also the creator of two DVDs: *Dancing with Divinity Yoga* and *Reiki Affirmation Dance*. She is a public speaker residing in Minneapolis. For more information, please contact Deanna through her website: <http://www.dayawati.com>.

Source: USDA Nutrient Database for Standard Reference.