



Power Up with Potassium (No Pills Required!)

Most people think of potassium as the “banana nutrient,” but there’s so much more to the story. Potassium is a powerhouse mineral that supports heart health, muscle function, and healthy blood pressure. Experts recommend getting enough in your diet—but before you reach for a supplement, here’s what you need to know.

Why Food, Not Pills?

Potassium is essential for nerve function, muscle contractions, and blood pressure regulation, but it’s one nutrient you should never take lightly. While getting potassium from food is perfectly safe, high-dose supplements can be dangerous—even life-threatening. Your kidneys regulate potassium levels, and too much at once can disrupt heart rhythm and lead to serious complications. That’s why potassium pills are generally not recommended unless prescribed by a doctor. Instead, focus on getting this critical mineral from whole foods, where it’s naturally balanced with fiber, water, and other nutrients.

Prioritizing potassium-rich foods doesn’t just help with potassium—it brings a variety of health benefits. Spinach and sweet potatoes provide fiber, vitamins A and C, and antioxidants. Beans offer protein, magnesium, and iron. When you focus on whole, nutrient-rich foods, you’re fueling your body with more than just one essential mineral.

Foods high in potassium

Bananas are fine, but they’re not the ultimate potassium source. A medium banana has about 422 mg of potassium, which is good—but plenty of other foods pack even more, along with additional health benefits. Here are some top contenders:

- **Beans!** White beans, for example, have 1,189 mg per cup
- **Avocados** – 975 mg per avocado
- **Leafy greens** – Spinach has 839 mg per cooked cup
- **Sun-dried tomatoes** – Approximately 925 mg per ½ cup
- **Potatoes and sweet potatoes** – Sweets have 540 mg per medium potato
- **Dried fruit** – apricots have 755 mg per ½ cup
- **Nuts** – Pistachios pack in 285 mg per ounce

Adding potassium-rich foods to your diet is easier than you think:

- Add beans or lentils to soups, salads, or grain bowls
- Swap in roasted sweet potatoes instead of white potatoes
- Snack on dried apricots or a handful of pistachios
- Toss spinach or avocado into your smoothie
- Use coconut water as the base for post-workout hydration
- Mix chopped sun-dried tomatoes into pasta, salads, or grain bowls for a flavorful potassium boost

Green Power Smoothie



This quick meal is perfect for one and takes just minutes to assemble. Having cooked whole grains and beans on hand makes healthy eating effortless. Serves 1.

Ingredients:

- ½ avocado
- 1 cup spinach
- 1 small banana (pre-frozen banana will make the smoothie super frosty and creamy)
- ½ cup Greek yogurt or plant-based alternative
- ½ cup coconut water
- ½ cup frozen mango

Instructions:

Blend and enjoy!

