



Getting enough punch from your potassium?

Check out some of the many reasons why your body needs this important mineral:

- essential for body's growth and helps counterbalance sodium's harmful effects on blood pressure
- needed for normal skeletal and muscle development
- necessary for healthy nervous system and brain function
- maintains water and electrolyte balance

Great sources of potassium include:

- summer squash
- raisins
- tuna
- mushrooms
- beans
- broccoli
- orange juice
- yogurt
- bananas
- leafy greens
- bell peppers



Did you know there's more potassium in a glass of orange juice than in a banana?



8 oz. orange juice = 481 mg of potassium

small banana = 361 mg of potassium



Aim for 4,700 mg of potassium daily



1 cup
swiss chard
= 961 mg
potassium!

A great addition to
minestrone soup!



Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to Kris Lindsey, our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.