

High Potassium Foods

Many situations in medical care call for the use of diuretics (water pills) and other medications that may affect the level of potassium in the patient's system. Potassium is essential for the proper functioning of muscles (amongst many other things), and, of course, a muscle we all are concerned about is the heart. Hence, maintaining normal potassium levels is an important aspect of maintaining good health. Following is a list of the top ten foods that can supply potassium through the diet. Used on a daily basis, these foods can maintain a normal potassium level in patients who are on diuretics in many, if not most, cases, thus making the use of supplements for potassium not necessary. There are instances where potassium supplementation is not indicated and before starting a diet high in potassium, your provider should tell you that it is in your best interest to do so.

Ten top foods as a source for potassium

1. White Beans
2. Dark, leafy green vegetables (particularly spinach)
3. Baked potatoes *with* skin
4. Dried apricots
5. Baked acorn squash
6. Yogurt (plain, skim/non-fat)
7. Fish (particularly salmon)
8. Avocados
9. Mushrooms (white)
10. Bananas

While bananas are often the cited food as a source for potassium, note that they merely rank number 10 on the list of foods as a good source of potassium, the other nine being even better. Try to incorporate several of these food products daily in your diet if your provider has directed you to increase the amount of potassium you need to offset losses from your treatment with medications. You may well be able to prevent the necessity of having to take potassium supplementation by tablets or liquid (and potassium is not particularly good tasting!!).