

Patient Information

NUTRITION/POTASSIUM

Potassium

Definition

Potassium is a mineral that is involved in both electrical and cellular functions in the body. (In the body it is classified as an electrolyte).

Food Sources

Fish such as salmon, cod, flounder, and sardines are good sources of potassium. Various other types of meats also contain potassium. Vegetables including broccoli, peas, lima beans, tomatoes, potatoes (especially their skins), and leafy green vegetables such as spinach, lettuce and parsley contain potassium. Fruits that contain significant sources of potassium are citrus fruits (such as oranges), apples, bananas, and apricots (dried apricots contain more than fresh apricots).