

Potassium

RDA

Ages	Males	Females	Pregnant	Lactating
14-18 YRS	3,000	2,300	2,600	2,500
19-50 YRS	3,400	2,600	2,900	2,800
50+ YRS	3,400	2,600	N/A	N/A

Food Source

Apricots, Dried 1/2 cup

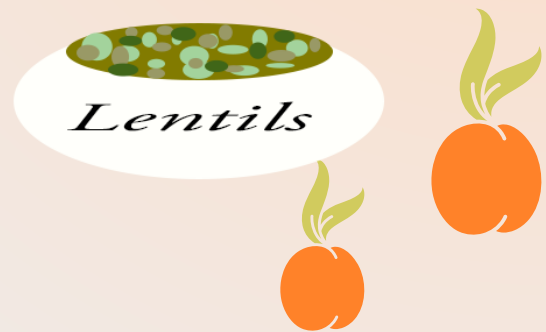
1,101mg

Prunes, Dried 1/2 cup

731mg

Lentils, cooked 1 cup

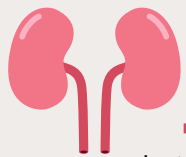
699mg



Functions

Heart Health

Potassium has been linked to increasing vasodilation aiding in those with cardiovascular issues.



Kidney Health

Low calcium levels can impair calcium reabsorption and cause calcium build up in the kidneys also known as kidney stones

Bone Health

Increased potassium intake has been linked to increased bone mineral density

Deficiency

Hypokalemia

Serum level is less than 3.6mmol/L

Symptoms

Kidney stone risk

Bone turnover

Negative Effects on Blood Pressure

Fun Facts

1 In adults ages 20 and over, the average daily potassium intake from foods is 3,016 mg for men and 2,320 mg for women.

2 Those who suffer from Pica can be at risk for Hypokalemia due to substances such as clay binding to the GI tract leading to excretion of potassium from the body

3 Potassium plays a role in a variety of medications such as medication for the management of diabetes and cardiovascular health

Source

<https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

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