

Top 12 Sources of Potassium

2,600mg/day for women age 19+ | 2,900mg/day if pregnant | 2,800mg/day if lactating
3,400mg/day for men age 19+



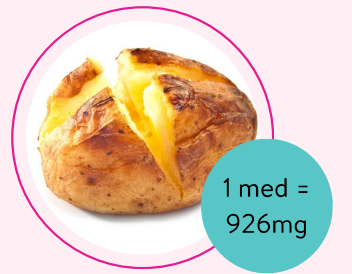
Beet Greens



Lima Beans



Swiss Chard



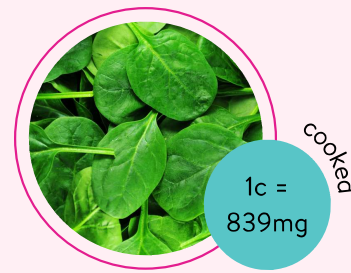
**Baked Potato
(with skin)**



Yam



Acorn Squash



Spinach



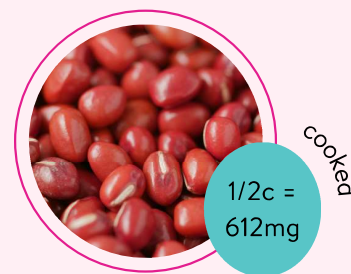
**Water
Chestnuts**



Carrot Juice



Plantains



Adzuki Beans



Watercress