



## ***Major Minerals***



**CALCIUM**



**IRON**



**MAGNESIUM**



**PHOSPHORUS**



**POTASSIUM**



**SODIUM**

## ***POTASSIUM***

Potassium is a major mineral. Major dietary sources of Potassium include fruits, vegetables, milk, meat and poultry. Works with sodium to regulate the body's waste balance and normalize heart rhythms; aids in clear thinking by sending oxygen to the brain; preserves proper alkalinity of body fluids; stimulates the kidneys to eliminate poisonous body wastes; assists in reducing high blood pressure; promotes healthy skin.

### *Beneficial Properties*

- An electrolyte that helps maintain acid-base balance
- Vital for muscle contraction and nerve impulses
- Helps with proper function of heart and kidneys
- Aids in regulation of blood pressure
- Aids in regulation of water balance in cells

### *Deficiency Indicators*

- May result in poor reflexes
- Nervous disorders
- Respiratory failure
- Cardiac arrest
- Muscle damage.
- Weakness
- Anorexia
- Nausea
- Listlessness
- Drowsiness
- Irrational behavior

### *Excessive Intake and Toxicity Symptoms:*

Cardiac Arrest

### *RDA*

Estimated safe for adults 3500 mg

### *SOURCES OF POTASSIUM*

*SOURCES OF POTASSIUM*

<b>Food</b>	<b>Amount</b>	<b>Milligrams</b>
<b>Prunes</b>	8 large	940
<b>Raisins</b>	1/2 cup	575
<b>Potato, white, boiled</b>	1 small	407
<b>Milk, skim</b>	1 cup	406
<b>Spinach, raw</b>	3 ounces	403
<b>Banana</b>	1 small	370
<b>Pork, cooked</b>	3 ounces	334
<b>Beef, lean round, cooked</b>	3 ounces	317
<b>Artichoke, cooked</b>	1 bud	300
<b>Cauliflower, raw</b>	1 cup	295
<b>Lettuce, iceberg</b>	1/4 head	264
<b>Cantaloupe</b>	1/4 melon	251
<b>Tomato</b>	1 small	244
<b>Apricots, dried</b>	4 halves	244
<b>Chicken, cooked</b>	3 ounces	242
<b>Orange</b>	1 medium	237

*SOURCES OF SODIUM*

<b>Food</b>	<b>Amount</b>	<b>Milligrams</b>
Table salt (sodium chloride)	1 teaspoon	2132
Soy sauce	1 tablespoon	920
Cottage cheese, 1% fat	1 cup	918
Bacon, beef	3 slices	766
Tomato juice	6 ounces	658
Soy sauce, lite	1 tablespoon	605
Hot dog, beef	1	585
V-8 juice	6 ounces	553
Pretzels	1 ounce	486
Cheese, American	1 ounce	406
Ham, lean (5% fat)	1 slice	405
Peas and carrots, canned	1/2 cup	277
Turkey salami	1 slice	244
Bologna, beef	1 slice	226
Cheese, cheddar	1 ounce	176
Potato chips	1 ounce	168
Green beans, canned, low salt	1/2 cup	109
V-8 juice, no added salt	6 ounces	42
Tomato juice, no added salt	6 ounces	18

## ***SODIUM***

Major dietary sources of Sodium include table salt, soy sauce, monosodium glutamate, cheese, smoked and cured meats, processed and canned foods.

### *Beneficial Properties*

- An electrolyte that helps maintain acid-base balance
- Helps regulate blood pressure
- Helps regulate water balance in cells
- Aids in muscle contraction
- Aids in nerve impulse transmission

### *Deficiency Indicators*

- Deficiency is rarely caused by inadequate dietary intake
- Weakness
- Headache
- Muscle cramps and shock

### *Excessive Intake and Toxicity Symptoms:*

- Edema (fluid retention)
- Hypertension (high blood pressure) in salt sensitive people

### *RDA*

Estimated safe for adults less than 2400 mg

### *SOURCES OF SODIUM*

