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## **Foods high in potassium vitamin c and iron**

its close relationship with salt) and increase the risk of kidney stones, according to the National Institutes of Health. The good news is you can find more than enough potassium in any kind of food. But banana default, not so fast. Each medium banana is 422 milligrams (mg) mineral-or about 9 percent of your 4,700 mg recommended daily value (DV)-while you can easily find more in other fruits and vegetables. Example: In the future you will find 16 foods with more potassium than bananas. Mama mia/shutterstock Sweet potatoOrta cooked sweet potato potassium has 542 mg (12% DV). These tubers are also rich in vitamin A for your eyes, vitamin C for your skin, and intestinal filling fiber. They're also ridiculously delicious. Try: Bacon-and-Egg Stuffed Sweet Potato recipe qanastudio / shutterstock White potato, surprise: There is only one medium-baked potato 941 mg (20% DV) potassium. I've probably been conditioned to be afraid of these spuds, but when properly prepared (cooked or boiled instead of deep fried), they're low in calories, fat and sodium. Also, white potatoes also offer a healthy dose of vitamin C and magnesium. Before eating spud cool let and you get a dose of intestinal-friendly resistant starch. Try: Potato Salad recipe z3000/shutterstock Tomato sauceThis flat old pasta topper is a secret source of potassium, with 728 mg (15% DV) each cup. Tomatoes are also rich in lycopene, a disease-fighting plant pigment that gives some fruits and vegetables their signature red color. Look for low-sugar tomato sauce that is packaged without BPA. Try: Cucina Antica Tomato Basil Cooking Sauce menna/ shutterstock WatermelonNosh on two refreshing watermelon wedges, and you get potassium 641 mg (14% DV). Watermelon is also a great source of lycopene, as well as VitaminS A, C, and B6. Also, more than 90 percent of the fruit is water, so you will feel complete after snacking for very few calories. What if you sip something? Cold pressed watermelon juice is a great alternative. Try: WTRMLN WTR agnes kantaruk / shutterstock Frozen spinach 1 2-ounce bottle in the next pan or add pasta dish frozen spinach and you will get a potassium reputable 540 mg (11% DV). Spinach is also rich in magnesium, vitamin A and calcium. Bonus: It's crazy much cheaper than fresh vegetables. Try: Garlic Spinach, Edamame, and Tomato recipe africa studio/shutterstock Beet cup cooked, sliced beet offers 518 mg (11% DV) potassium, while 1 ounce serving of beet chips is an impressive 90 mg. An aperitif to try: Rhythm Superfoods Naked Beet Chips. While sweet root vegetables are super versatile, and salads for soups can be used in everything. There is also a reason why athletes have recently been related to beet juice: In a 2017 review, researchers found that drinking this substance 90 minutes before exercise can improve performance. (Just don't freak out if they turn pee pink or red later. That's perfectly normal, I promise.) Try: Roasted Beet Herbs and Garlic recipe looker studio/shutterstock Black beans With two nutrients that keep you feeling fuller- you're already buying canned black beans for a support of fiber and protein. However, you are also a great source of potassium. Eat a cup and you will get mineral 739 mg (16% DV). Black beans also offer some calcium, magnesium and folate. Try: 15-Minute Black Bean Soup recipe denio109/shutterstock White beansWhite beans Can be the best source of grocery potassium: A single cup has 1,189 mg with a tail. A quarter of what you need every day. The same 1 cup service also packs an impressive 20 grams of protein and 13 grams of fiber. Try: Sauty Cherry Tomato and White Bean recipe moving moment/ shutterstock Canned salmonConsered salmonA lazy cook's dream. Pop can be an open 5-ounce and you get potassium 487 mg (10% DV). Moreover, salmon is rich in omega-3 fatty acids, which are essential fats for the eye, heart, and brain health that your body cannot do on its own. Salmon is also high in B vitamins, which help the production of red blood cells and convert food into energy. On top of that, salmon is a great source of lean protein - this is ideal for those who try to lose weight or build muscle. Try: Fast Salmon Burrito recipe mario vellosio/shutterstock EdamameWhole soybean plant-based protein is one of the world's largest sources, but it's not as much the only trick as their arm: 1 cup is also 676 mg (14% DV) potassium ingredients. Eat as an aperitif, a salad throws them away, or serves as a sidenature. Try: Corn, Mango and Edamame Salad recipe Aleksandrs Ilics/ shutterstock Butternut squashThis slightly sweet autumn favorite packs a cup of 582 mg (12% DV) potassium. You also get a heavy dose of vitamin A, along with some vitamin C, magnesium, folate and calcium. Try: Butternut Squash Mac and Cheese recipe aspen rock/shutterstock Swiss chard has 961 mg (20% DV) potassium with a tail of a cup of cooked chard. These hearty greens are also calcium pack, iron, and Vitamin A, C, and K. Try: Breakfast Pan with Eggs, Onion, and Tomato recipe olena kaminetska / shutterstock Yogurt, which has an impressive 573 in plain yogurt (not Greek things) Potassium per cup (12% DV). In addition, it meets almost half of the daily need for calcium. Look at it containing vibrant active cultures, so you get a nice dose of gut-friendly probiotics, a lot. Try: Hearty Oatmeal and Greek Yogurt recipe Getty Images Avocado provides 507 mg with a tail of potassium per 3.5 ounces. In addition, it is a great source of healthy fats and fiber. I borrowed a nice creaminess for avocado recipes. You can enjoy it on toast, create a delicious pasta sauce, or whip it into a delicious salad dressing. Try: Shrimp, Avocado and Egg Chopped Salad recipe Getty Images Coconut WaterStore buy coconut water potassium packs a powerful punch, delivering about 350 mg per 8 liquid ounces. This makes it a great alternative to a delicious base for sugary sports drinks and post-workout smoothies. Just be sure to buy sugar-free versions to avoid adding sugar. Try: ZICO 100% Natural Coconut Water Getty Images Dry Apricots Supply dried apricots 430 6 mg of potassium per serving, giving a huge burst of nutrients for money. Don't forget to choose grocery sugar-free versions to stop loading extra sugar. We chop dried apricots and want to include them in homemade granola bar and trail blends. Try: Dry Apricot and Currant Buns recipe This content is created and stored by a third party and imported to this page to provide users' email addresses. You may be able to find out more about this and similar content 11 piano.io 11 if you want to keep your heart (and your doctor) happy, you need a healthy help with potassium in your daily diet. The basic mineral is an electrolyte that helps regulate your body's blood pressure and heart rhythm, according to the National Institutes of Health (NIH). In fact, Dutch researchers found low potassium intake with the same effect on blood pressure as high salt consumption. While the NIH recommends 4,700 milligrams (mg) of potassium per day, the average man consumes only about half of that, according to the United States Department of Agriculture (USDA). Fortunately, it is not difficult to find vital nutrients- a lot of foods contain hundreds of milligrams of things. Read on to see which gets the best sources to pump potassium levels. 11 2 out of 10. Lentils An easy addition to any soup, salad or sidenature, some extra potassium into the lentil diet is a secretly versatile and protein-rich way-with 365 mg per half cup. Portion size: one half cup, cooked Potassium: 365 mg 3 11 9. Hubbard Squash Popular in the cold winter months, Hubbard Squash contains 367 mg of potassium for every half cup, cube. Since Butternut Squash is similar in flavor and texture, you can use this Post-Workout Power Meal for Cook. Portion size: one and a half cups, cooked and cubed Potassium: 367 mg 4 11 8. Pinto Beans Next time you hit a burrito bar, stack the pintos high. Containing one and a half at 373 mg This is a delicious tex-mex way to consume the daily amount of beans potassium. Portion size: one and a half cups, cooked Potassium: 373 mg 5 11 7. Acorn Zucchini Is also a winter variety, acorn zucchini is perfectly natural, serving rich in potassium with 448 servings mg. Just cut in half and scrape the seeds in the center to create a bowl to hold other nutritious foods, such as cereals or cooked vegetables. Portion size: one and a half cups, cooked and cubed Potassium: 448 mg 6 11 6. Yams These sweet tubers are not reserved only for Thanksgiving dinner. Loaded with potassium 456 mg and antioxidants per serving, they can help start the day right-especially the Best Hangover Breakfast Burrito Stacked into portion size: half a cup, cooked and cubed Potassium 456 mg 7 11 5. Sweet Potato It should not usually be confused with potatoes, sweet potatoes have a distinct advantage over much similar competition-more potassium. At 475 mg per serving, there is an impeccable excuse to fool another part of your mother's sweet potato cake. Portion size: one and a half cups, cooked and cubed Potassium: 475 mg 8 11 4. What is Swiss Chard Switzerland? It might be one of the best foods you haven't try yet. Packed with potassium-481 mg per serving- and vitamins such as lutein and zeaxanthin help protect your vision, which makes leafy green for the perfect side dish for the next meal. Portion size: one and a half cups, cooked and chopped Potassium: 481 mg 9 11 3. Lima Beans They may be grossed out as a child, but as they refilled with vital nutrients-fiber, and muscle building protein, and 485 mg of potassium per serving - cannot afford to pass them. Mix in a pan or sauté with bacon for a savoury meal. Portion size: half cup, cooked Potassium: 485 mg 10 11 2. Red Potato Potatoes can get a bad representative of carbohydrate and calorie counters, but you are reinforced with potassium 538 mg, making them a serious nutritious side for any meal. Make sure you record the skins, but that's where most of the good things are found. Portion size: one and a half cups, cooked and cubed Potassium: 538 mg 11 11 1. Pay extra dollars for avocado guacamole. With 15 percent of the daily intake of a cup of potassium dished out and a ton of heart-healthy omega-3, this ultra-nutritious food will keep your stomach full and taste buds happy. Portion size: 1 cup, cube Potassium: 728 mg mg

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