

Potassium in foods chart

Health.gov Blog Posts. The Office of Disease Prevention and Health ...

Research shows less than 2% of Americans get their daily recommended amount of potassium.

National Institute of Health Office of Dietary Supplements. Potassium.

U.S. Food and Drug Administration. Key nutrients and your family's health.

U.S. Department of Agriculture. Bananas, raw.

Dietary Guidelines for Americans. Food sources of potassium.

U.S. Department of Agriculture. Sweet potato, cooked, baked in skin, flesh, without salt.

U.S. Department of Agriculture. Potatoes, baked, flesh and skin, without salt.

U.S. Department of Agriculture. Squash, winter, butternut, cooked, baked, with salt.

U.S. Department of Agriculture. Watermelon: raw.

U.S. Department of Agriculture. Beets, cooked, boiled, drained.

U.S. Department of Agriculture. Pomegranates, raw.

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