EATING 101
RU DINING HEALTHY?
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Swipe Right on Potassium

Potassium 19

Did you know that it is recommended to get 4,700 mg of me (Potassium) everyday?

<table>
<thead>
<tr>
<th>Why I am great</th>
<th>Why I am great for YOU</th>
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<tbody>
<tr>
<td>I’m a mover and a shaker</td>
<td>The electrical potential I help maintain across cell membranes regulates nerve impulses, skeletal muscle contractions, and the heartbeat</td>
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<td>I’m a great communicator</td>
<td>I help you transport and metabolize nutrients</td>
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<td>I go with the flow</td>
<td>I am an electrolyte that helps your body regulate fluid and mineral balance</td>
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<tr>
<td>I’m low pressure</td>
<td>I help you maintain normal blood pressure</td>
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I am available and low maintenance. You can pick me up anytime at the dining hall ;)

- Baked potato with skin (1 medium=930 mg)
- White Beans (1/2 cup=595 mg)
- Orange Juice (1 cup=496 mg)
- Halibut (3 oz=490 mg)
- Low-Fat Milk (1 cup=350-380 mg)
- Banana (1 medium=420 mg)
- Cantaloupe (1 cup=430 mg)
- Spinach (1 cup cooked=840 mg)

It’s a match

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References:

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggy@dining.rutgers.edu.