

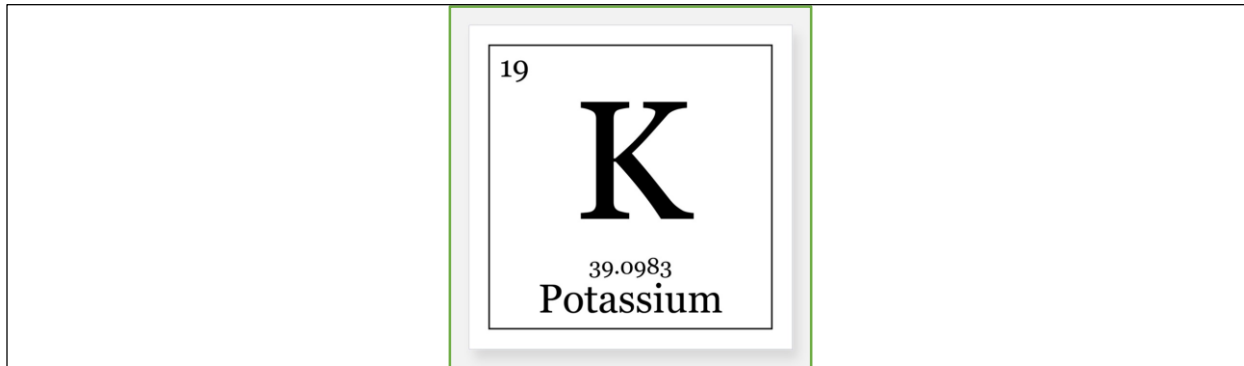


EATING 101

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

📍 Less than a mile away

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

<i>Why I am great</i>	<i>Why I am great for YOU</i>
I'm a mover and a shaker	The electrical potential I help maintain across cell membranes regulates nerve impulses, skeletal muscle contractions, and the heartbeat
I'm a great communicator	I help you transport and metabolize nutrients
I go with the flow	I am an electrolyte that helps your body regulate fluid and mineral balance
I'm low pressure	I help you maintain normal blood pressure

I am available and low maintenance. You can pick me up anytime at the dining hall ;)

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

It's a match

Revised By: Dana Ikeda

Reviewed By: Dr. Tracy Anthony Ph.D.-Department of Nutritional Sciences

References: *What is Potassium?* Available at: <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-potassium>. Accessed on: Oct 28, 2018. *Potassium in diet.* Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002413.htm> Accessed on: Oct 28, 2018. *Electrolytes.* Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002350.htm> Accessed on: Oct 28, 2018. *Potassium.* Available at: <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/> Accessed on: Oct 28, 2018.

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