



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

	<div>19</div> <div>K</div> <div>39.0983</div> <div>Potassium</div>	
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Potassium 19

📍 Less than a mile away

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

Why I am great	Why I am great for YOU
I'm a mover and a shaker	I help your cells stay charged. By maintaining the right electrical balance, I make sure your nerves fire, your muscles contract, and your heart keeps a steady rhythm.
I'll be your personal uber driver	I help shuttle nutrients into cells, while moving waste products out of your cells.
I go with the flow	I help your body stay hydrated by maintaining the perfect balance of fluids and minerals.
I'm low pressure	I help you maintain normal blood pressure. You can call me your heart's biggest supporter!

Did you know that it is recommended to get 2,600mg – 3,400mg of me (Potassium) every day?

- ⚡ Low-Fat 1% Milk (1 cup=366mg)
- ⚡ Banana (1 medium=420 mg)
- ⚡ Cantaloupe (1 cup=430 mg)
- ⚡ Spinach (1 cup cooked=840 mg)
- ⚡ Baked potato with skin (1 medium=930 mg)
- ⚡ Lentils (1 cup cooked=731 mg)
- ⚡ Orange Juice (1 cup=496 mg)

It's a match!

Revised By: Melanie Soto

Reviewed By: Dr. Tracy Anthony-Dept 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: November 12, 2025. *Potassium in diet.* Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002413.htm> Accessed on: November 12, 2025. *Electrolytes.* Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/002350.htm> Accessed on: November 12, 2025. *Potassium.* Available at: <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/> Accessed on: November 12, 2025



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