POTASSIUM

Why do I need it?

→ Important electrolyte that maintains fluid balance (works opposite to sodium)
→ Muscle and nerve function
→ Energy metabolism
→ Can decrease blood pressure

Where can I get it?

→ Most fruits and veggies.
→ Potatoes, sweet potatoes, seafood, dairy products, meat, bananas, beans, lentils, dried fruit
→ Athletes should consume a beverage with potassium and sodium during intense exercise lasting more than one hour

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food