

Tomato Products
1 cup = 2,657 mg



Bok Choy
1 cup = 631 mg



Raisins or Figs
1 cup figs or ¼ cup
raisins = 1,021 mg



Mango
1 mango = 564 mg



Brussels Sprouts
1 cup = 495 mg



Lower Blood Pressure with Potassium-Packed Foods

Aim for at least 4,700 mg of potassium each day

Source: Yokoyama Y, Nishimura K, Barnard D.N, Takegami M, Watanabe M, Sekikawa A, Okamura T, Miyamoto Y. Vegetarian Diets and Blood Pressure: A Meta-analysis. *JAMA Internal Medicine* (in press).



Winter Squash
1 cup = 494 mg



Banana
1 Medium Banana
= 422 mg



Sweet Potatoes
1 Medium Sweet
Potato = 438 mg



Lentils
½ cup cooked
lentils = 365 mg



Kale
1 cup, chopped
= 329 mg

Lower Blood Pressure

DP Hallahan



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