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. JAMH 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 1/2 cup cooked lentils = 365 mg



Kale 1 cup, chopped = 329 mg

Lower Blood Pressure

Wolfgang Guggemos



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