



POTASSIUM: THE MAGIC MINERAL!

Helps maintain normal blood pressure.



Serve It Up

How much potassium does your child need?

Helps maintain normal blood sugar.



Ages 1-3: 3,000 mg/day
Ages 4-18: 4,700 mg/day



Helps maintain optimal fluid balance.



Helps maintain optimal nerve & muscle function.

Packed with Potassium

According to the U.S. Department of Health and Human Services, potassium is one of four nutrients of concern that Americans – including children – aren't getting enough of in their diet. Put some of these potassium-packed power foods on your plate:

- 1 medium baked potato w/skin: 930 mg
- 1 cup cooked spinach: 840 mg
- ½ cup raisins: 618 mg
- 1 cup cooked broccoli: 460 mg
- 1 cup cubed cantaloupe: 430 mg
- 1 cup chopped tomatoes: 430 mg
- 1 medium banana: 420 mg
- 1 cup raw carrot slices: 390 mg
- ½ cup cooked lentils: 365 mg
- 1 cup cooked quinoa: 320 mg



Potassium & Kids

Kids who get enough potassium in their diet are less likely to have kidney stones later in life plus it reduces their risk of bone loss!



Fun Fact

Milk matters: One 8-ounce serving of milk has 380 mg of potassium, making it an easy option to get more in at mealtime!



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

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SCHOOL MEALS
One Bite at a Time

Sources:

<https://www.eatright.org/food/vitamins-and-supplements/-types-of-vitamins-and-nutrients/what-is-potassium>

<https://milklife.com/articles/nutrition/potassium-important-for-kids>