



Food Hero for Older Adults

Focus on Potassium



Potassium helps regulate fluid balance, muscle contractions and nerve signals.

Potassium supports healthy blood pressure for reduced risk of stroke and heart disease.

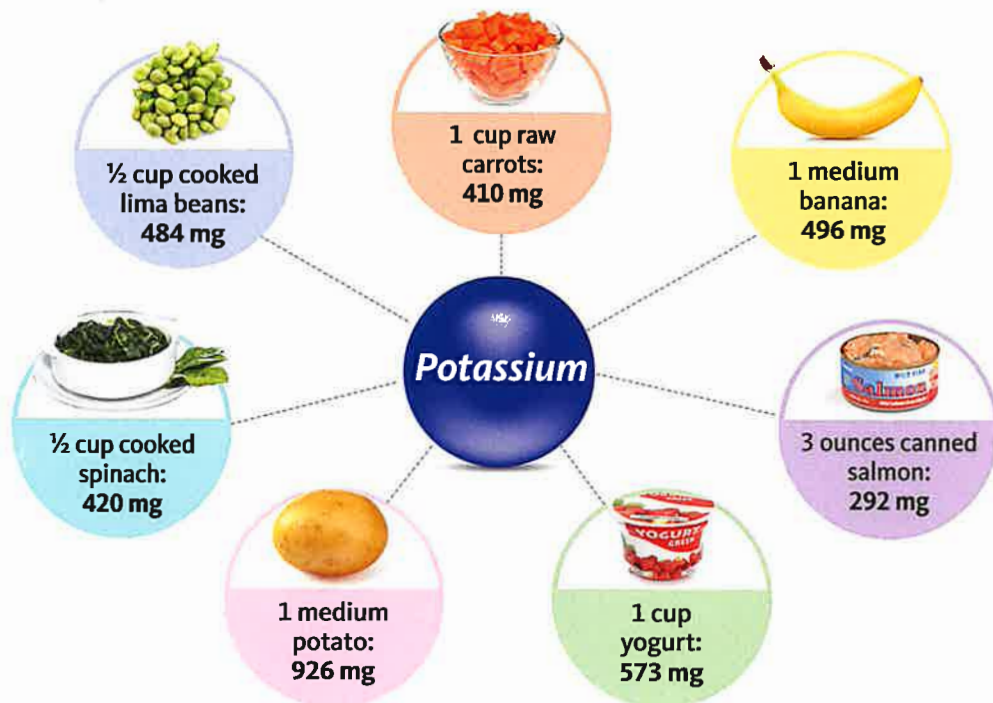


Eating a variety of fruits and vegetables can help you get enough potassium.

Eating enough potassium may improve bone health and reduce risk for kidney stones.

Some people may need to limit potassium. A healthcare provider can help explain the right amount.

Potassium is a mineral needed by all cells in your body. Here are some examples of potassium-rich foods.



How much potassium do you need each day?

Aim for 2,600 mg each day for adult women or 3,400 mg each day for adult men.

Peach Yogurt Smoothie

Makes 3 cups Prep time: 10 minutes

Ingredients

- 1 cup low-fat **yogurt** (plain or flavored)
- 1/3 cup nonfat **dry milk**
- 1/2 **banana**
- 3/4 cup **orange juice**
- 1/2 cup frozen **peaches**

Directions

1. Wash hands with soap and water.
2. Put all ingredients into a blender and blend until smooth.
3. Refrigerate leftovers within 2 hours.



| Nutrition Facts | |
|-------------------------------|--------------|
| 3 servings per container | |
| Serving size | 1 cup (200g) |
| Amount per Serving | |
| Calories | 160 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 190mg | 8% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 23g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 1mcg | 6% |
| Calcium 318mg | 25% |
| Iron 0mg | 0% |
| Potassium 638mg | 15% |
| Vitamin A 102mcg | 11% |
| Vitamin C 54mg | 60% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Classics Stay Strong

Reducing the sodium in foods is another way to support healthy blood pressure.

Drain and rinse canned vegetables to reduce the sodium by 35% or more.

Potassium-rich snack ideas:

- Banana and peanut butter
- Veggies with guacamole dip

Check the Nutrition Facts labels on packaged foods for the amount of potassium in a serving.

Daily activities, such as walking and climbing stairs, are also good for heart health. Aim for 150 minutes each week.



| Nutrition Facts | |
|-------------------------------|----------------------|
| 4 servings per container | |
| Serving size | 1 potato half (250g) |
| Amount per Serving | |
| Calories | 240 |
| | % Daily Value* |
| Total Fat 5g | 6% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 450mg | 20% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 8g | 29% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 125mg | 10% |
| Iron 2mg | 10% |
| Potassium 720mg | 15% |
| Vitamin A 54mcg | 6% |
| Vitamin C 24mg | 26% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Southwestern Stuffed Potatoes

Makes 4 potato halves **Prep time:** 5 minutes
Cook time: 10 minutes

Ingredients

- 2 medium **potatoes** (about 5 x 2½-inches each)
- 1 cup **cooked beans** (any type)
- ¾ cup **salsa**
- 1 cup **corn** (frozen or canned, drained and rinsed)
- ½ cup shredded **cheese** (try cheddar or pepper jack)

Directions

1. Wash hands with soap and water.
2. Scrub potatoes well. Poke each potato with a fork 2 or 3 times. Microwave on HIGH for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave-safe bowl, combine beans, salsa and corn. Microwave for 2 to 3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half lengthwise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.
5. Refrigerate or freeze leftovers within 2 hours.

Notes

- For 1 or 2 servings, cook one potato and use half the toppings.
- Topping ideas: avocado, green onion, cooked meat, poultry or tofu, low-fat plain yogurt.

Easy Slow Cooker Beans

1. Rinse dry beans under running water and remove rocks or leaves. In a large bowl or pot, cover every 1 cup beans with about 4 cups water. Soak in the refrigerator for at least 6 hours.
2. Drain and rinse beans, then pour into a slow cooker. Add enough water or broth to cover them plus 2 inches. Cover and cook until beans are soft and tender, about 4 hours on high or 6 hours on low. Refrigerate until ready to use.
3. Use cooked beans in any recipe or refrigerate for up to 5 days. For longer storage, freeze recipe-sized portions in airtight containers marked with the date. For best quality, use within 6 months.

Note: 1 cup dry beans makes about 3 cups cooked beans.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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