

Facts about Potatoes and Potassium

Banana's have long been the poster child as a great source of potassium, many people would be surprised to learn that one medium potato contains more potassium than two bananas!

Potatoes, regardless of the form of preparation, are an excellent source of dietary potassium. However, many people are not aware of how important potassium is to their overall health and 97% of North Americans are not getting enough in their diets.

Potassium is a critical component of human health. It helps lower blood pressure, and balance sodium in the diet. This reduces risk of high blood pressure and stroke. It also helps reduce the development of kidney stones, and bone loss.

Potatoes are one of the largest and most affordable sources of potassium in the produce department. One medium baked potato contains 1600 mg or 46% of your recommended daily intake of potassium. They contain more potassium than banana's, spinach or broccoli, In fact, one serving of French fries—cooked in trans fat free oil (which most restaurants use today) provides more than THREE times the potassium as a serving of spinach!