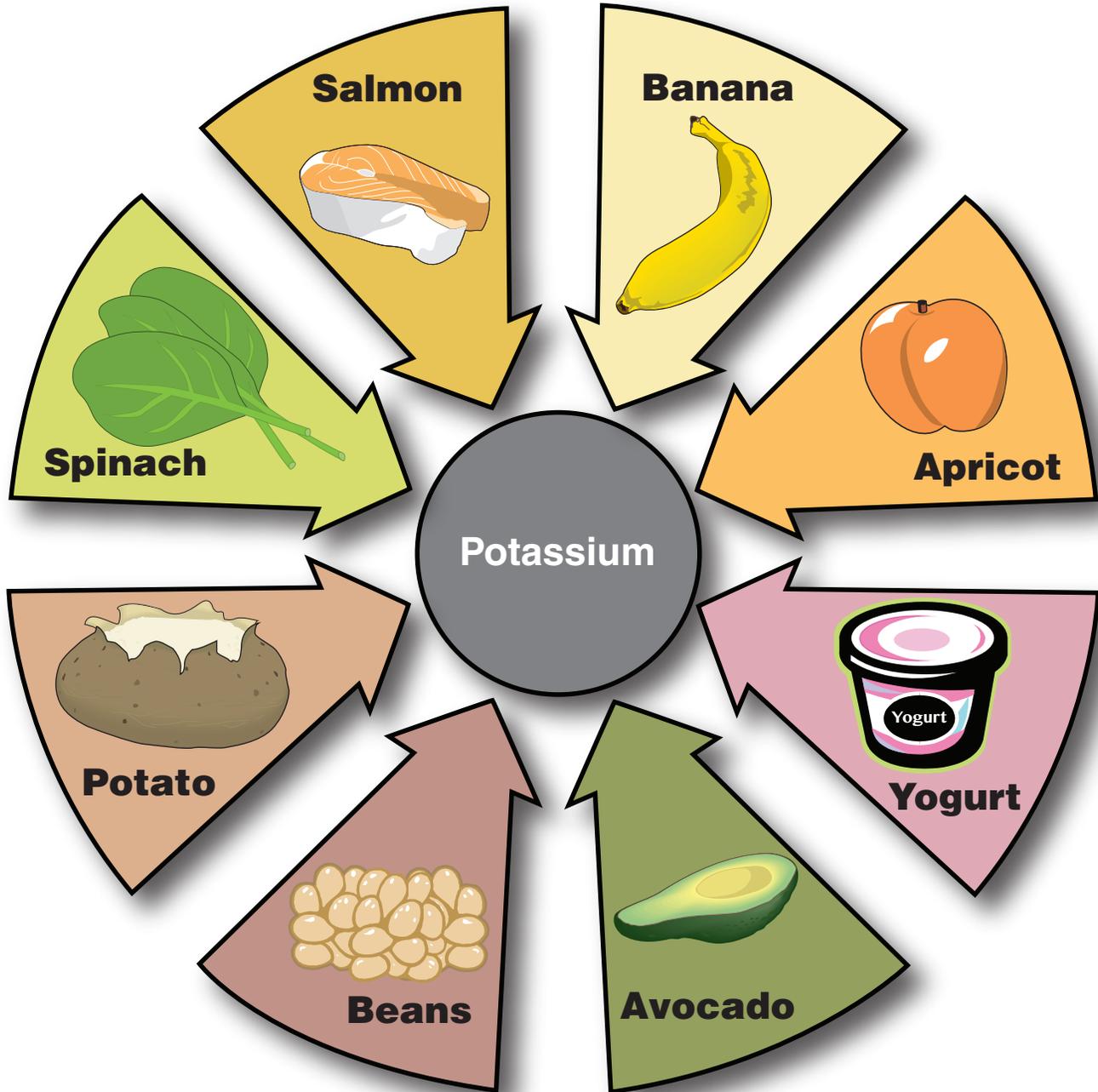


4,700 milligrams is the recommended daily potassium intake of individuals aged 14 and up. But that group is only getting about half that amount.

Potassium is an essential nutrient, and low potassium can lead to increased blood pressure, kidney stones, and even strokes.

See examples of foods relatively high in potassium below.



Use USDA-ARS's National Nutrient Database to find the potassium content of specific foods: <http://ndb.nal.usda.gov/>