

NUTRITION NEWS

Potassium Recommendations Increased; Potato #1 Source

(NAPSA)—The National Academy of Sciences recently increased the recommended intake for potassium from 3,500 mg to 4,700 per day. If that isn't reason enough to eat more potassium-rich foods, the American Heart Association states that potassium has a role in controlling high blood pressure and preventing stroke—conditions affecting one in four Americans. So what's a good way to boost your daily potassium intake? Eat more potatoes!

The potato ranks highest in potassium per serving among the 20 best-selling fruits and vegetables (ACNielsen). One serving of skin-on potatoes (5.3 ounces) contains 720 mg of potassium, and is an excellent source of vitamin C for a mere 100 calories and no fat or sodium.

What is potassium and why do we need it? It is a mineral that's part of every body cell. It helps regulate fluids and mineral balance in and out of cells and in doing so, helps maintain normal blood pressure. Potassium is also vital for transmitting nerve impulses or signals, and in helping muscles contract.

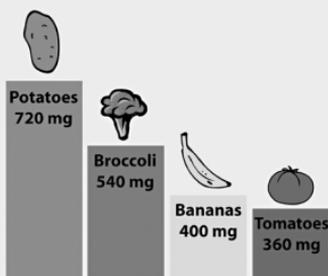
Research indicates that most American adult women are getting less than half the recommended amount of potassium, and men's intake is only slightly better. Since approximately 30 percent of people with high blood pressure are unaware of their condition and only 34 percent of those with high blood pressure have it under control, increasing potassium intake could have a powerful impact on blood pressure, stroke, and possibly heart disease.

What are healthy ways to add potassium and other vital nutrients to your diet? Eat fresh, nutri-

Potatoes Lead Potassium Produce Picks

The recommended intake for potassium was recently increased to 4,700 mg from 3,500 per day. Potatoes rank highest among the 20 top-selling fruits and vegetables.

Potassium content per serving:



Source: United States Potato Board



Potatoes and other fruits and vegetables can help you put the power of potassium into your personal health plan.

ent-dense potatoes, but be careful not to add extra fat and calories. Try these potato preparation ideas:

- Roast red, purple and gold potatoes in a light coating of olive oil and fresh herbs—potatoes easily absorb the seasonings around them.
- Garnish a baked potato with low-fat Mexican cheese, cilantro, black beans and chopped tomato, or go Italian-style with marinara sauce, low-fat mozzarella and parsley.

- Top “smashed” potatoes (skins on) with sautéed broccoli and red pepper, or spinach and onion to maximize potassium intake.

- Try baking, grilling, steaming or roasting potatoes instead of frying. When recipes call for oil, use monounsaturated oil, such as olive or canola oil, when possible.

For healthy recipe ideas using the potassium-packed potato or more potato nutrition information, visit www.healthypotato.com. Learn more about the healthy potato—it's naturally nutritious and always delicious.