

I successfully completed this goal.
This is what I did:

GetFIT Helpful Connections - Increase Potassium in Your Diet

Increase the potassium in your diet to 4700 milligrams (mg) per day. Focus on increasing higher potassium containing fruits and vegetables in your diet. To increase potassium, include the following foods arranged by potassium content.

700-600 mg potassium:

1 baked sweet potato, 1 medium baked potato

601--500 mg potassium:

$\frac{1}{2}$ cup canned white beans, 8 oz plain yogurt, $\frac{3}{4}$ cup prune or carrot juice

501-400 mg potassium

3 oz halibut, $\frac{1}{2}$ cup cooked soybeans, 3 oz. yellowfin tuna, $\frac{1}{2}$ cup lima beans, $\frac{1}{2}$ cup cooked winter squash, 3 oz cod, 1 medium banana, $\frac{1}{2}$ cup cooked spinach, $\frac{3}{4}$ cup tomato juice, $\frac{1}{2}$ cup tomato sauce

400-300 mg potassium

$\frac{1}{4}$ cup dried peaches, $\frac{1}{2}$ cup prunes, 1 cup skim milk, 3 oz pork chop-center loin, $\frac{1}{4}$ cup dried apricots, 3 oz trout, $\frac{1}{4}$ medium cantaloupe, $\frac{1}{8}$ honeydew melon, $\frac{1}{2}$ cup lentils, $\frac{1}{2}$ cup cooked plantain, $\frac{1}{2}$ cup cooked kidney beans, $\frac{3}{4}$ cup orange juice, $\frac{1}{2}$ cup split peas

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