



## Mineral: Potassium

### Meal Ideas:

2 oz Pork Loin  
1/2 cup Stewed  
Tomatoes  
1 cup Brown Rice  
1 Banana on Pudding

Make a batch of grains (brown rice, quinoa, barley, etc) one a week and use them with your meals throughout the week to save time.

**What it does:** Potassium is important to build muscle and proteins. As a conductor of electricity, it plays a role in the electric activity of the heart.

Foods that are rich in potassium are important in managing high blood pressure (HBP or hypertension) because potassium lessens the effects of sodium. The more potassium you eat, the more sodium you lose through urine. Potassium also helps to ease tension in your blood vessel walls, which helps further lower blood pressure.

**Where to find it:** Look for potassium in bananas, spinach, meats, fish, lima beans, tomatoes, and squash.

### Managing high blood pressure is essential for senior health

High blood pressure (also known as HBP or hypertension) is a serious condition that's common among older adults. In fact, about 108 million Below are 10 lifestyle changes that lower blood pressure and improve your older adult's health.

1. Regularly monitor blood pressure - get a home monitor and write down your numbers daily or weekly.
2. Take medications as prescribed
3. Maintain a healthy weight - Those who are overweight could lower blood pressure by losing just 10 pounds.
4. Eat heart-healthy foods - Focus on whole foods, less fat, and more fruits and vegetables.
5. Use less salt (sodium) - American Heart Association recommends less than 1500 mg of sodium per day.
6. Exercise regularly - Aim for moderate activity at least 2.5 hours a week.
7. Don't smoke
8. Drink less alcohol
9. Manage stress
10. Other healthy lifestyle habits

Leading a healthy lifestyle also helps lower blood pressure. That means getting enough sleep and drinking plenty of water.

