

**Tomato Products**  
1 cup = 2,657 mg



**Bok Choy**  
1 cup = 631 mg



**Raisins or Figs**  
1 cup figs or ¼ cup raisins = 1,021 mg



**Mango**  
1 mango = 564 mg



**Brussels Sprouts**  
1 cup = 495 mg



# Lower Blood Pressure with Potassium-Packed Foods

Aim for at least 4,700 mg of potassium each day

Source: Yokoyama Y, Nishimura K, Barnard D.N, Takegami M, Watanabe M, Sekikawa A, Okamura T, Miyamoto Y. Vegetarian Diets and Blood Pressure: A Meta-analysis. *JAMA Internal Medicine* (In press).



**Winter Squash**  
1 cup = 494 mg



**Banana**  
1 Medium Banana  
= 422 mg



**Sweet Potatoes**  
1 Medium Sweet  
Potato = 438 mg



**Lentils**  
½ cup cooked  
lentils = 365 mg



**Kale**  
1 cup, chopped  
= 329 mg