

# How Potassium Can Improve Blood Pressure

Potassium is key for helping those with diabetes maintain healthy blood pressure. Here are tips for incorporating it into your meals.

## Why Potassium Matters for Diabetics

- **Counteracts Sodium:** Potassium helps balance the effects of sodium, reducing its impact on blood pressure.
- **Vascular Health:** Potassium promotes healthy blood vessel function, reducing the risk of cardiovascular disease.
- **Muscle Function:** Potassium is essential for proper muscle function, including the heart muscle.



## Potassium-Rich Foods to Include in Your Diet

- **Fruits:** Bananas, oranges, cantaloupe, apricots, and dried fruits like raisins and prunes.
- **Vegetables:** Potatoes, sweet potatoes, spinach, broccoli, and mushrooms.
- **Dairy Products:** Low-fat milk, yogurt, and cheese.
- **Legumes:** Beans, lentils, and chickpeas.
- **Nuts and Seeds:** Almonds, sunflower seeds, and chia seeds.

## Tips for Incorporating Potassium into Your Diet

- **Read Food Labels:** Check labels for potassium content, especially in processed foods.
- **Consult with a Healthcare Provider:** Discuss your dietary needs with a healthcare professional to create a personalized plan.
- **Hydrate:** Drink plenty of water to help your body absorb potassium effectively.
- **Limit Sodium Intake:** Reduce your intake of processed foods, which are often high in sodium.

We’re committed to your health. Contact us today for more information.



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