

POTASSIUM



Potassium is a mineral that is found in many fruits and vegetables. In human, potassium regulates our heartbeat, helps with maintaining a steady balance of different electrolytes, and very importantly, allows our nerves and muscles to function and contract normally. However, according to the 2015 Dietary Guidelines Advisory Committee, less than 3% of the general population meets the recommended intake level for potassium. Given its important roles in our health and the various benefits of maintaining adequate potassium intake brings, a diet that incorporate potassium rich foods that include a variety of fruits and vegetables is highly recommended. However, certain populations, including people with kidney disease, may need to watch for their potassium intake. For any questions, please consult your family doctor or a Registered Dietitian for special instruction on your diet.

How Much Potassium Do I Need?

The Food and Nutrition Board had issued a set of Dietary Reference Intakes to be used for planning and assessing nutrient intakes of healthy people. The adequate intake (AI), which is the level assumed to ensure nutritional adequacy for potassium is 4700mg per day.



Sources of Potassium

Potassium is found in a wide variety of foods and beverages. Many fruits and vegetables are excellent sources, as are some legumes and potatoes. Meats, poultry, fish, milk, yogurt, and nuts also contain potassium. Beverages including milk, coffee, tea, and fruit juices are some of the top sources of potassium in a typical American diet.

Food	Serving Size	Milligrams
Potatoes	1 medium	610
Orange Juice	1 cup	496
Banana	1 medium	422
Milk	1 cup	366
Spinach, raw	2 cups	334
Chicken breast, boneless	3 ounces	332
Salmon, cooked	3 ounces	326
Beef	3 ounces	315
Tomato, raw	1 medium	292
Soymilk	1 cup	287
Broccoli, cooked	1/2 cup	229
Cantaloupe	1/2 cup	214
Brown rice, cooked	1 cup	154
Tuna, canned in water	3 ounces	153
Coffee	1 cup	116
Bread, whole wheat	1 slice	81
Egg	1 large	69
White rice, cooked	1 cup	54

References:

Potassium: An Underconsumed Nutrient. Dairy Council of California (2019). Retrieved from <https://www.healthyeating.org/Health-Wellness-Providers/Nutrition-Information/Health-Connections-Newsletter/Potassium>

Potassium: Fact Sheet for Health Professionals. National Institutes of Health (2019). Retrieved from <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>



鉀質



鉀質是一種於各種蔬菜和水果中常見的礦物質。鉀質在我們身體內有很多不同的作用，除了幫助調節我們的心跳外，鉀質亦有助於維持體內各種電解質的穩定和平衡。而且非常重要的是，鉀質對我們神經和肌肉的正常運作有關鍵的作用。雖然如此，統計顯示只有不到百分之三的人口達到鉀質的建議攝取量。考慮到鉀質在我們身體內的重要作用，一個囊括各種水果和蔬菜並富含鉀質的飲食對我們健康會有莫大的裨益。但是，個別人士可能因為身體狀況等原因而需要注意鉀質的攝入量。如有任何問題，請向您的家庭醫生或註冊營養師查詢。

鉀質的建議攝取量

根據美國國家學院醫學院制定的膳食參考攝入量，建議成年人每日攝取大概4700毫升的鉀質以確保達到成人身體所需的鉀質水平。



鉀質的來源

鉀質可以在許多不同種類食物及飲品中找到。很多蔬菜和水果都是含豐富鉀質的食物來源，而不少肉類，家禽，魚類以及奶類製品中亦含有鉀質。在典型的美式飲食中，牛奶，咖啡，茶和果汁等飲料都是鉀質的主要來源。

食物	食用份量	毫升
馬鈴薯	一個, 中等大小	610
橙汁	一 杯	496
香蕉	一 個, 中等大小	422
牛奶	一 杯	366
菠菜（未經煮熟）	兩 杯	334
雞胸肉（去骨）	三盎司	332
三文魚（煮熟）	三盎司	326
牛肉	三盎司	315
番茄（未經煮熟）	一個, 中等大小	292
豆奶	一 杯	287
西蘭花（煮熟）	半 杯	229
哈密瓜	半 杯	214
糙米（煮熟）	一 杯	154
罐裝吞拿魚	一 個, 中等大小	153
咖啡	一 杯	116
全麥麵包	一 片	81
雞蛋	一 個	69
白飯（煮熟）	一 杯	54

資料來源:

Potassium: An Underconsumed Nutrient. Dairy Council of California (2019). Retrieved from <https://www.healthyeating.org/Health-Wellness-Providers/Nutrition-Information/Health-Connections-Newsletter/Potassium>

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