



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Potassium Rich Foods

Potassium Foods		
Fruit	Vegetables	Other
Apricots	Beet greens	Clams
Avocados	Bok choy	Halibut
Bananas	Broccoli	Mackerel
Beets	Brussels sprouts	Red snapper
Grapefruit	Cabbage	Yogurt
Honeydew melon	Cauliflower	
Oranges	Collard greens	
Prunes and prune juice	Dried beans, especially adzuki, kidney, Lima and white beans	
Tomatoes and tomato juice	Mushrooms	

*See page 80 of Your Aging Body Can Talk, by Dr. Susan L. Levy for more information!*