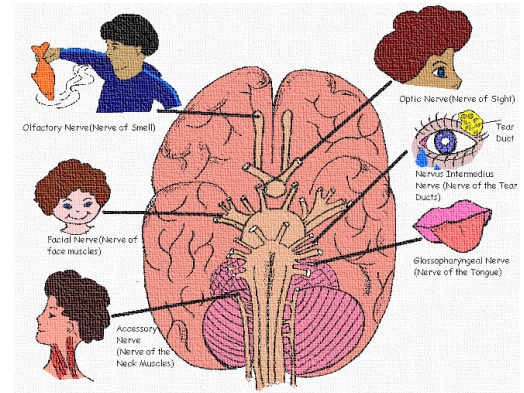


# Potassium

This mineral:

Helps your body maintain a healthy blood pressure

Helps keep your muscles and nerves working properly



**Eat these fruits and vegetables to get some potassium:**



Winter squash



Persimmons



Fresh Orange Juice



Dried fruits



Avocados



Banana