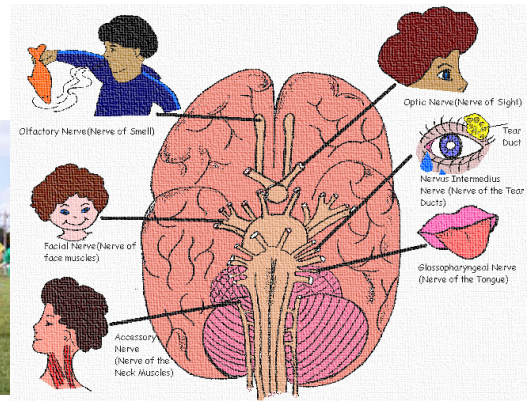


# Potassium

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