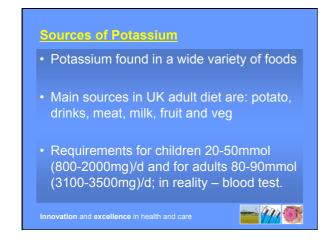


## Potassium Mainly found inside the cells in your body Involved in fluid balance, muscle contraction and nerve conduction Around 90% of the potassium you eat is absorbed; it is a good idea to view your food choices as medicine Deficiency results in muscle weakness, cramps, fatigue Innovation and excellence in health and care





### Easy to obtain sources of potassium

 Drinks – milk, instant coffee, fruit juices, coconut water



- Snacks chocolate, dried fruit, crisps
- Main meal additions potatoes (roast, chipped and jackets), vegetables (steamed)

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## General rules of thumb for potassium.

- As food sits in water it loses potassium so stir fry, steam or microwave to retain potassium.
- Things that come from 'nuts, beans and seeds' quite often are high e.g. coffee bean, cocoa bean so enjoy!

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### **Magnesium**

- Around half is found in the skeleton with the rest being inside the cells.
- Helps turn the food we eat into energy.
- Important for bone health.
- Around 20-50% of the magnesium you eat is absorbed.
- Deficiency can result in muscle weakness, cramps, high blood pressure and heart problems

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### Sources of Magnesium

- Main sources in the UK diet are: bread and cereals, meat, milk, vegetables
- Requirements for children 55-200mg (2.2-8mmol)/d and adults 270-300mg (11.5-12.3mmol)/d.
- Green vegetables are a good source of magnesium because chlorophyll (which gives them their green colour) contains magnesium

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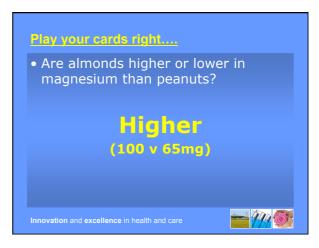






# Most of the advice in the public domain is to reduce salt. However, your requirement for salt is high and you should add it to food; it will get diluted if you only add it in cooking. High salt foods are usually processed foods e.g. ready meals, ham and other meats, cheese, crisps, cup-a-soups Innovation and excellence in health and care





Are pumpkin seeds higher or lower in magnesium than crisps?

 Tigher
(317 v 80mg)

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