



POWER UP WITH POTASSIUM

May 2025

What is Potassium?

Potassium is an essential mineral that plays a vital role in maintaining proper fluid balance in the body. It helps regulate blood pressure by counteracting the effects of sodium, which is important for heart health. This mineral is crucial for muscle function, including the contraction and relaxation of muscles, making it key for physical activity and overall mobility. Potassium also supports nerve function by transmitting electrical signals throughout the body. In addition, potassium is important for maintaining healthy kidneys, as it helps the organs filter waste effectively.

Quick & Easy Snacks

1. Banana
2. Avocado Toast
3. Yogurt with Cherries
4. Sweet Potato Fries
5. Coconut Water



Maximizing Snacking

Use these tips to maximize the energy boost from your snack!



When: Power snack on potassium-rich foods during mid-afternoon slumps to boost energy and focus.

What: Opt for potassium-packed snacks like bananas, avocados, or sweet potatoes for quick nourishments.



Where: Keep these snacks at home, in your office, or in your bag for easy access throughout the day.



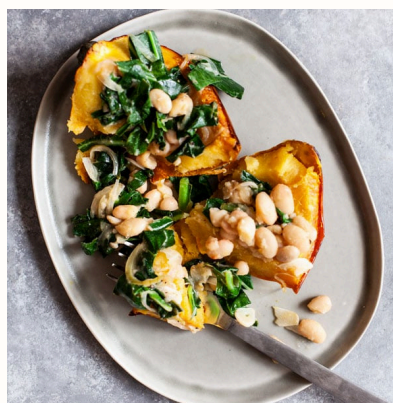
Too Little or Too Much

Balancing potassium intake is essential for maintaining optimal health, as both excessive and insufficient levels can lead to health issues. Too little potassium can result in symptoms like muscle weakness, cramping, and irregular heart rhythms, while too much potassium can lead to hyperkalemia, which can be dangerous for heart function. The key to achieving a healthy potassium balance is consuming potassium-rich foods like fruits, vegetables, legumes, and dairy in moderation, while also ensuring you're not overloading on sodium or processed foods, which can disrupt potassium levels. Staying hydrated and maintaining a balanced diet with a variety of nutrient-dense foods can help support proper potassium levels and overall well-being. If you have kidney issues or other health concerns, it's important to consult a healthcare professional before adjusting your potassium intake.

Stuffed Acorn Squash with Garlicky Greens

Ingredients:

- Vegetable oil spray or a few teaspoons neutral flavored vegetable oil, such as grapeseed or refined avocado
- 2 large (or 4 small) acorn squash, cut in half from stem to bottom and seeds removed
- 1 tbsp olive oil
- 2 large shallots, thinly sliced
- 4 cloves garlic, thinly sliced
- 1 1/2 cups cooked white beans (1 can beans, drained and rinsed)
- 1 small or medium bunch collard greens, thick stems removed and sliced into ribbons (about 4-5 cups after preparation; substitute another chopped green of choice)
- 1-2 tbsp lemon juice (to taste)
- salt and freshly ground pepper, to taste



Recipe: The Full Helping

Instructions:

1. Preheat your oven to 375 F. Place the squash, cut side up, in a foil or parchment lined baking dish. Spray the squash on both sides with your oil spray, or use your hands to lightly rub/coat the squash with your cooking oil. Bake for 40-45 minutes, or until the edges of the squash are golden and the squash is tender when pierced with a fork.
2. While the squash cooks, heat the oil in a large, roomy skillet over medium heat. Add the shallots and garlic. Cook for 3 minutes, or until the shallots are tender and clear. Stir in the beans. Next, stir in the collard greens. Cook, stirring often, until the collard greens are tender (about 5 minutes). Add the lemon juice and salt and pepper. Taste and adjust seasoning as desired.
3. To serve, stuff each squash half with the bean mixture. Top with a sprinkle of vegan parmesan, if desired.

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