

# CRAFTED CLARITY
















## GET YOUR POTASSIUM UP!



Bring up that potassium! Help keep your muscles working!

Usually, our bodies are able to maintain a healthy potassium level, but when we throw up, have diarrhea or don't eat enough, our levels can drop too low. This can make you feel tired and sluggish.

If you are feeling slow, sluggish or tired, try increasing your potassium intake with high potassium foods. Here is a list!

-  Bananas
-  Sweet potatoes
-  Spinach
-  Beans (especially white beans and kidney beans)
-  Potatoes
-  Tomatoes and tomato products
-  Avocado
-  Oranges and orange juice
-  Cantaloupe and honeydew melons
-  Apricots
-  Fish (especially tuna, halibut, and salmon)
-  Acorn squash
-  Pumpkin
-  Beets
-  Brussels sprouts