

Dietary Sources of Potassium

To Include In Pregnancy Diet



Legumes



Leafy green vegetables, such as spinach



Cantaloupe and Pomegranate



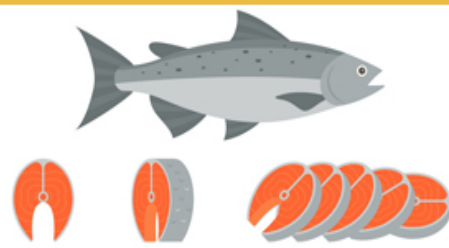
Dairy products



Poultry and meats



Whole-wheat flour



Seafood, such as salmon and cod



Juices, such as prune juice, orange juice, and carrot juice