



**GREEN CUISINE  
EAT WELL. BE WELL.**

## Potassium—Are you getting enough?

Sodium and potassium make up the majority of the electrolytes in the body. They are responsible for maintaining fluid balance in the tissues. Sodium is found in large quantities in our food, especially processed food. Salt has been our primary food seasoning and preservative. It's important to have a proper balance of sodium and potassium in our bodies. The average intake of sodium every day for Americans is 4000-6000. Check a nutrition label and you'll be surprised – a single serving of soup may be 800 mg of sodium! A serving of pretzels may be 600 mg! The recommended amount of daily sodium is 2400 milligrams.

The average intake of potassium every day is 1000-3000 milligrams per day. People who have a potassium deficiency have symptoms of weakness, fatigue, irritability, muscle cramps, and even abdominal bloating. The minimum requirement for potassium per day is 2000 milligrams, however, optimal is up to 10,000 milligrams. There is often an imbalance of potassium and sodium intake; often when we crave salt, the cravings will diminish with an increase in potassium. Here is a list of foods high in potassium. Enjoying a food rich in potassium daily is always a great idea!

Food	Amount	Potassium (milligrams)
Tomato Sauce (ideally a low sodium version)	1 cup	909
Potato	1 medium	782
Prune juice	1 cup	707
Figs, dried	5	666
Lima beans	½ cup	582
Parsnips	1 cup	573
Pumpkin, cooked	1 cup	564
Watermelon	1" x 10" diameter	559
Raisins	½ cup	545
Kiwi fruit	2 medium	504
Flounder	3 oz.	498
Orange juice	1 cup	496
Soy beans	½ cup	496
Winter squash	½ cup	473
Broccoli	1 ½ cups	464
Apricot, dried	¼ cup	448
Tomato	1 medium	444
Banana	1 medium	440
Skim milk	1 cup	406
Sweet potato	1 medium	397
Cantaloupe	¼ medium	391
Papaya	½ medium	390
Prunes	6 medium	378
Avocado	¼ medium	340

# Nutrition Counseling and Private Meal Service

MICHELE WILBUR, RD, CDN  
LICENSED NUTRITIONIST  
PERSONAL CHEF

607-227-6993  
MICHELE@GRCUISINE.COM  
www.grcuisine.com

## Stumped for Lunch?

It's about lunchtime. And I'm stumped. I consider myself lucky. I chose this profession because I'm doing what I love. Talk about and make food – how could I ever be so lucky?! However, the problem arises when I need to prepare my own meals. And it's often a question that many of clients ask – what should I eat for lunch?

I usually have a standard lunch. A salad (of course she would say that, she's a nutritionist, right?). No, I love my salad! I make a salad that no one would complain about. It usually includes some kind of mixed green, random veggies, some brown or wild rice, and then a protein of some sort – usually chicken or turkey. Yum. I toss it all together and it's delicious! Of course, like all good nutritionists, I watch the portion of salad dressing. But sometimes that just doesn't sound good. Or, I don't have some of the standard ingredients. Then I'm stumped.

There are usually so many options for us at lunchtime. However, we usually tend to either skip it or go for something that is calorie rich – like the very quick and easy; pizza slice. But how can you get creative, have time, and still enjoy it?

What about these suggestions?

-Take one can of non-creamy soup and add a bunch of frozen vegetables and a can of beans or chopped chicken. Wallah! You have stew.

-Take a whole-wheat pita and add roasted red peppers (from a jar), cherry tomatoes, sliced cucumbers, sliced turkey and herbed laughing cow cheese. Yum! A Mediterranean pita sandwich.

-Spread mustard and horseradish onto a whole-wheat wrap. Add sliced turkey, thin and delicious frozen (defrosted in microwave for 1 minute) green beans, a slice of Swiss cheese, and some red onion. A delicious wrap!

-Take that ripe banana and mash it with a fork. Spread it onto a slice of whole wheat bread. Spread peanut butter on another slice and squeeze. A monkey sandwich!

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## Another quick and easy lunch idea!

### Smoked Turkey Salad with Walnuts and Fruit Vinaigrette

For Dressing:

- ¼ cup walnut halves, chopped
- 1/3 cup chicken broth
- ¼ cup lime juice
- 3 tablespoon jam - plum, raspberry, or peach
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt

For Salad:

- 1 10 oz. frozen bag green beans, thawed
  - 1 10 oz. frozen bag wax beans, thawed
  - 1 15 oz. can kidney beans, drained and rinsed
  - 6 ounces smoked turkey, cut into 2 by 1/4 in. matchsticks
  - 2 plums, peaches or 1/2 cup raspberries, depending on type of jam
1. In a small microwaveable bowl, place the vinaigrette ingredients. Microwave for 1 minute and then whisk to combine.
  2. Toss the turkey with the veggies and beans. Toss with dressing and walnuts. Serve.

## Nutrition Facts

For 6 oz. Serving:

219 calories  
7 g fat  
960 mg sodium  
26 g carbohydrates  
11 g protein  
2 g fiber



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