

## **Recommended Dietary Intakes for Potassium**

(Food and Nutrition Center of the Institute of Medicine)

### **Infants**

- 0 - 6 months: 0.4 grams a day (g/day)
- 7 - 12 months: 0.7 g/day

### **Children and Adolescents**

- 1 - 3 years: 3 g/day
- 4 - 8 years: 3.8 g/day
- 9 - 13 years: 4.5 g/day
- 14 - 18 years: 4.7 g/day

### **Adults**

- Age 19 and older: 4.7 g/day = 4,700 mg /day

Women who are producing breast milk need slightly higher amounts (5.1 g/day). Ask your doctor what amount is best for you.

From: <http://www.nlm.nih.gov/medlineplus>

**Potassium level in the blood** ideally should be between 3.5 to 5.0 mili Equivalent/L. This reference values may vary for individuals and different laboratories. You should always ask for a copy of your lab results. Keep your own medical file.

### **A high potassium diet:**

- > 4.7 g/day = 4,700 mg /day\*

### **A low potassium diet:**

- < 1.5 – 2.7 g/day = 1500 to 2700 mg / day\*

\*This should be determined by your doctor and is dependent on your lab results, other medical conditions you have and medications prescribed.



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