



Prevent high blood pressure with potassium

A low-salt diet is recommended to prevent high blood pressure. It is also recommended to eat foods containing potassium.

Potassium lowers blood pressure by “inhibiting the reabsorption of sodium in the kidneys and promoting its excretion in urine.”



K Potassium intake is not quite enough

Based on the National Health and Nutrition Survey (2019) by the Ministry of Health, Labour and Welfare

Ideal intake and shortfall



Target **3,000mg/day or more**

→ Average deficiency of about **560 mg**



Target **2,600mg/day or more**

→ Average deficiency of about **320 mg**



Both men and women in Japan don't get enough potassium.

K Examples of potassium-rich foods

Based on the Food Composition Database (Ministry of Education, Culture, Sports, Science and Technology)



Here are foods that are easy to incorporate into your meals. Eating a good balance of various foods is important.

Vegetables

Taro, garlic chives, Japanese mustard spinach, etc.



Beans / Fruits

Boiled soybeans, peanuts, etc.



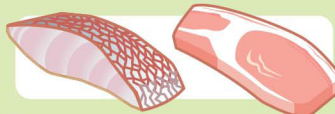
Fruits

Bananas, avocados, etc.



Fish / Meat

Red sea bream, pork loin, etc.



Seaweed

Roasted laver, sea lettuce, etc.



Other

Milk, etc.



Reference website: Function and Daily Intake of Potassium (Health and Longevity Net, October 21, 2021)

Caution Those with impaired kidney function may need to restrict their potassium intake, so seek the guidance of a physician!

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click “English” at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

