

## **Nutrition News You Can Use - Intake of Potassium Rich Foods Linked to Lower Stroke Risk**

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More good news is emerging about the health benefits of micronutrients that are abundant in peanuts. This time the spotlight is on the mineral potassium. A recent analysis of the results from eleven studies following almost 250,000 adults for up to 19 years found that as potassium intake in the everyday diet rose, risk of stroke went down. This isn't definitive cause and effect evidence, but the review was the largest ever conducted and the association it demonstrated is a strong one. It stressed the importance of foods rather than supplements as potassium sources.

The researchers based at the University of Naples Medical School in Italy calculated that for every 1640mg increase in daily potassium intake, the chances of suffering a stroke declined by 21% and people who consumed more potassium also had a slightly reduced risk of heart disease. (1)

Surprisingly, the populations studied in the meta-analysis tended to have lower than recommended potassium intakes. That is easy to correct because potassium rich choices are simple and inexpensive to make by eating more fruit and vegetables and food like nuts and legumes. Roasted peanuts and peanut butter have one of the highest potassium levels, at almost 200mg per 30g serving (about 1 ounce or 2 tablespoons). Combining peanuts with other potassium rich foods, in stirfrys or salads or peanut butter spread on sliced fruit for example, increases the intake and adds protein and healthy fats for satiety.

1. D'Elia L. et al. "Potassium intake, stroke, and cardiovascular disease: a meta-analysis of prospective studies" *Journal of the American College of Cardiology* 2011; 57:1210-1219

