

*Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.*

## Potassium Fights Excess Sodium

Most people know that consuming less sodium helps lower blood pressure, but the important role of potassium is often overlooked. Potassium helps muscles contract (including the heart) and helps regulate fluid in the body. These actions, in turn, help to maintain normal blood pressure.

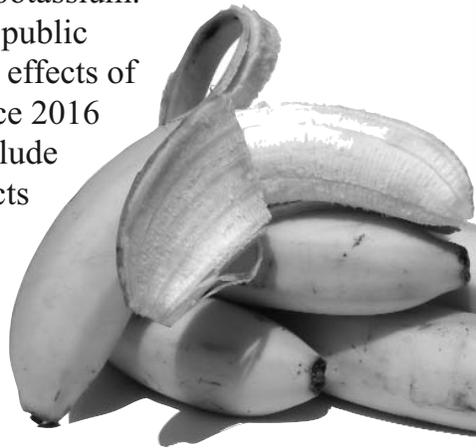
Also, the more potassium consumed, the more sodium the body will excrete in urine. Unfortunately, modern American diets emphasize processed foods high in sodium and have inadequate intake of fresh fruits and vegetables, which are great sources of potassium.

### Nutrient of Concern

According to the 2015-2020 Dietary Guidelines for Americans, many people do not consume enough potassium. Potassium is considered a “nutrient of public health concern” due to negative health effects of inadequate intake. To address this, since 2016 food manufacturers are required to include potassium content on the Nutrition Facts label to promote better intake.

### Variety of Foods Contain Potassium

Potassium is available in many types of foods, especially fruits and vegetables, milk, legumes, and whole-grain products. Some of the top sources of potassium include: dried apricots, lentils, baked potatoes, bananas, low-fat milk, spinach, and cantaloupe. Adding more servings of potassium-rich foods to the diet can help reduce the risk of stroke, kidney stones, osteoporosis, hypertension, and other chronic diseases. However, people who have existing kidney disease or are taking certain medications may need to monitor or reduce their potassium intake.



### Dining Centers & Days of Service Call for Lunch Reservations

#### LINN COUNTY

##### Albany Senior Center

Monday - Friday (541) 967-7647

##### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

##### Lebanon Senior Center

Monday - Friday (541) 451-1139

##### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

##### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

#### BENTON COUNTY

##### Corvallis Senior Center

Monday - Friday (541) 753-1022

#### LINCOLN COUNTY

##### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

##### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

##### Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

##### Toledo, Trinity United Methodist

Friday (541) 270-7416

##### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796