

# ELECTROLYTE REFERENCE CHART

Essential Minerals for Hydration & Muscle Function

Avocado (Medium)	690 mg
Spinach (1 Cup cooked)	840 mg
Banana (Medium)	422 mg
Coconut Water (1 Cup)	600 mg
White Beans (1/2 Cup)	500 mg
Pumpkin Seeds (1 oz)	156 mg
Dark Chocolate (70%+)	65 mg
Almonds (1 oz)	80 mg

Black Beans (1/2 Cup)	60 mg
Swiss Chard (1 Cup)	150 mg
Greek Yogurt (1 Cup)	250 mg
Sardines (3 oz)	325 mg
Tofu (1/2 Cup)	430 mg
Kale (1 Cup cooked)	177 mg
Chia Seeds (2 tbsp)	179 mg
Sea Salt (1 tsp)	2300 mg
Celery (2 stalks)	65 mg

Olives (5 large)	150 mg
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Pickle (1 medium)	780 mg
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Beets (1 Cup)	65 mg
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\*Values are approximate and based on standard USDA serving sizes. Consult a healthcare professional for specific dietary needs.