

ELECTROLYTE REFERENCE GUIDE

Nutritionist Approved Whole Food Sources

POTASSIUM (K⁺)

- Avocado 975mg
- Spinach (Cooked) 840mg
- Sweet Potato 540mg
- Coconut Water 600mg
- Banana 420mg

MAGNESIUM (Mg²⁺)

- Pumpkin Seeds 150mg
- Dark Chocolate (85%) 65mg
- Almonds 80mg
- Black Beans 60mg
- Swiss Chard 150mg

SODIUM (Na⁺)

- Sea Salt Variable
- Pickled Vegetables High
- Celery 80mg
- Beets 65mg
- Cottage Cheese 350mg

CALCIUM (Ca²⁺)

- Greek Yogurt 200mg
- Sardines 325mg
- Kale 100mg
- Chia Seeds 180mg
- Tofu 350mg

*Values per standard serving size. Consult with a professional for specific dietary needs.