

ELECTROLYTE REFERENCE CHART

Nutritional guide for mineral balance

POTASSIUM (K⁺)

High Sources	Low Sources
Bananas	Apples
Spinach	Berries
Potatoes	White Rice
Avocados	Cucumber

SODIUM (Na⁺)

High Sources	Low Sources
Sea Salt	Fresh Poultry
Celery	Whole Grains
Pickled Foods	Fresh Fruit
Cottage Cheese	Unsalted Nuts

MAGNESIUM (Mg²⁺)

High Sources	Low Sources
Pumpkin Seeds	White Bread
Dark Chocolate	Processed Meat
Almonds	Refined Sugars
Black Beans	Soft Drinks

CALCIUM (Ca²⁺)

High Sources	Low Sources
Greek Yogurt	Beef

High Sources	Low Sources
Sardines	Corn
Kale	Chicken
Fortified Tofu	Carrots

Note: Consult a healthcare professional before making significant dietary changes. Data provided is for informational purposes only.