

ELECTROLYTE DENSE FOODS

Essential Minerals for Hydration & Muscle Function

FOOD SOURCE	PRIMARY ELECTROLYTE	SERVING SIZE
Spinach (Cooked)	MAGNESIUM	1 Cup
Avocado	POTASSIUM	1 Medium
Coconut Water	POTASSIUM / SODIUM	1 Cup
Greek Yogurt	CALCIUM / POTASSIUM	1 Cup
Pumpkin Seeds	MAGNESIUM	1/4 Cup
Bananas	POTASSIUM	1 Medium
Pickles (Fermented)	SODIUM	1 Large
Swiss Chard	MAGNESIUM / POTASSIUM	1 Cup
Wild Salmon	POTASSIUM / MAGNESIUM	6 oz
Celery	SODIUM / CHLORIDE	2 Stalks

Print Reference Chart