

## Appendix F.

### Menu Plans for Diets rich in Potassium Containing Foods

#### Day 1

##### Breakfast

1 oz. Raisin Bran cereal with 1/2 cup skim milk  
1 banana  
English muffin with margarine and jam  
3/4 cup Tropicana Pure Premium Orange Juice

##### Mid-morning snack

8 oz. lowfat yogurt with fruit

##### Lunch

Turkey sandwich with lettuce and tomato on whole wheat bread  
1 granola bar  
1 apple  
1/2 cup skim milk

##### Dinner

1 Pork loin chop – baked or broiled  
1 baked potato with margarine  
1/2 cup cooked fresh carrots  
Dinner salad with 2 cups mixed greens, tomato wedges, cucumber slices and 2 Tbs. ranch dressing

##### Evening snack

2 graham crackers with 1 1/2 Tbs. peanut butter

##### Dietary analyses:

Calories, kcal	1,964
Fat, g	63
Sodium, mg	2,190
<b>Potassium, mg</b>	<b>4,110</b>

## Appendix F.

### Menu Plans for Diets rich in Potassium Containing Foods (cont.)

#### Day 2

##### Breakfast

1 packet Instant oatmeal (any flavor)  
3/4 cup Cantaloupe cubes  
1 Bran muffin  
3/4 cup Tropicana Pure Premium Orange Juice

##### Mid-morning snack

1/2 Cup Trail Mix

##### Lunch

Tuna salad sandwich with lettuce and tomato on whole wheat bread  
1 Chocolate chip cookie  
1 Banana  
1cup Skim milk

##### Dinner

1 Skinless chicken breast– baked or broiled  
1/2 cup Fresh green beans  
1/2 cup Cooked fresh carrots  
1/2 cup Brown rice  
1 piece Apple pie or cobbler with a scoop of vanilla frozen yogurt

##### Dietary analyses:

Calories, kcal	1,998
Fat, g	62
Sodium, mg	1,825
Potassium, mg	3,780

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### Menu Plans for Diets rich in Potassium Containing Foods (cont.)

#### Day 3

##### Breakfast

1/2 Grapefruit  
1 piece of Banana bread with margarine  
1 cup Tropicana Pure Premium Orange Juice

##### Mid-morning snack

1/2 cup Dried fruit

##### Lunch

1 Chicken and vegetable pita with 2 tsp. salad dressing  
1 Nutri-Grain bar  
1 cup low sodium vegetable juice cocktail

##### Dinner

2 Chicken enchiladas  
1/2 cup Spanish rice  
Dinner salad with 2 cups mixed greens, tomato wedges, cucumber slices, grated carrots and 2 Tbs. ranch dressing

##### Dietary analyses:

Calories, kcal	1805
Fat, g	63
Sodium, mg	2,260
<b>Potassium, mg</b>	<b>3,815</b>