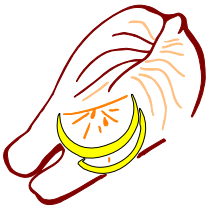
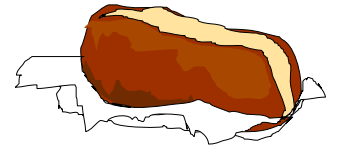
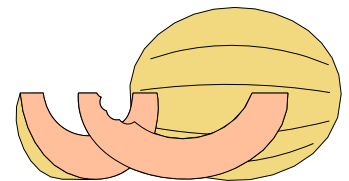


Pinpoint the Potassium Sources

Word Bank: sweetpotato, cod, milk, winter squash, beans, spinach, baked potato, trout, cantaloupe, tomato juice, clams, pork chops, yogurt, banana, halibut, tuna, peas



S	W	E	E	T	P	O	T	A	T	O	Z	H	A	L	I	B	U	T
O	Z	T	X	F	U	H	B	M	U	F	N	H	I	A	Q	L	P	O
L	S	P	G	D	S	Y	Z	D	S	X	I	F	Z	C	U	K	T	M
W	K	L	O	M	K	J	O	H	F	C	L	W	K	H	L	I	Y	A
I	E	B	H	R	G	H	B	G	J	I	G	H	Z	G	G	B	E	T
N	B	A	D	V	K	T	I	L	U	T	Y	L	B	U	K	X	V	O
T	C	N	X	G	D	C	N	A	V	R	B	O	A	T	L	C	G	J
E	F	A	B	X	A	E	H	Q	X	N	T	P	K	M	D	A	R	U
R	Z	N	T	L	F	R	T	O	D	X	I	Z	E	S	V	N	M	I
S	U	A	L	J	I	W	S	G	P	Z	K	G	D	D	R	T	L	C
Q	Y	K	B	S	G	F	A	U	O	S	H	S	P	V	V	A	O	E
U	G	T	U	N	A	M	Z	K	L	I	S	A	O	G	X	L	W	H
A	M	Z	H	I	N	C	A	N	C	K	P	F	T	Z	K	O	Q	T
S	W	T	A	X	B	Y	U	P	E	H	I	Q	A	S	Y	U	Z	C
H	Q	R	B	N	E	J	M	E	J	Y	N	X	T	S	B	P	A	L
K	C	O	D	C	A	E	L	A	N	G	A	J	O	Z	V	E	S	A
W	A	U	S	K	N	R	P	S	R	T	C	K	L	R	U	I	T	M
A	Z	T	J	I	S	G	F	Q	E	F	H	X	M	I	L	K	Y	S



Pinpoint the Potassium Sources- Answers

Word Bank: sweet potato, cod, milk, winter squash, beans, spinach, baked potato, trout, cantaloupe, tomato juice, clams, pork chops, yogurt, banana, halibut, tuna.

S	W	E	E	T	P	O	T	A	T	O	H	A	L	I	B	U	T
			P			Y											O
W			O			O											A
I		B		R			G										T
N		A			K			U			B						O
T		N				C			R		A			C			J
E		A				H				T	K			A			U
R		N					O				E			N			I
S		A						P			D			T			C
Q									S		P			A			E
U		T	U	N	A					S	O			L			
A										P	T			O			
S		T			B		P			I	A			U			C
H		R			E		E			N	T			P			L
	C	O	D		A		A			A	O			E			A
		U			N		S			C							M
		T			S					H	M	I	L	K			S

Pinpoint the Potassium Sources- Answers

S	W	E	E	T	P	O	T	A	T	O	H	A	L	I	B	U	T
		P				Y											
W			O				O										
I		B		R				G									
N		A			K				U		B						
T		N				C				R		A			C		
E		A					H				T	K			A		
R		N						O				E			N		
S		A							P			D			T		
Q										S			P		A		
U		T	U	N	A						S						
A											P						
S		T			B		P			I		A			U		
H		R			E		E			N		T			P		
		C	O	D	A		A			A		O			E		
			U		N		S			C							
			T		S					H		M	I	L	K		

Daily value for potassium: 3500 mg

Sweetpotato, 1 potato	694 mg
Baked potato, 1 potato w/ flesh	610 mg
Yogurt, 8 oz container	579 mg
Clams, 3 oz can	534 mg
Halibut, 3 oz cooked	490 mg
Tuna, 3 oz cooked	484 mg
Winter squash, ½ cup cooked	448 mg
Cod, 3 oz cooked	439 mg
Bananas, 1 medium	422 mg
Spinach, ½ cup cooked	419 mg
Tomato juice, ¾ cup	417 mg
Milk, 1 cup non-fat milk	382 mg
Pork chops, 3 oz center loin	382 mg
Rainbow trout, 3 oz cooked	375 mg
Cantaloupe, ¼ medium	368 mg
Split peas, ½ cup cooked	355 mg

*Bean sources include: white beans, soybeans, lima beans, and kidney beans