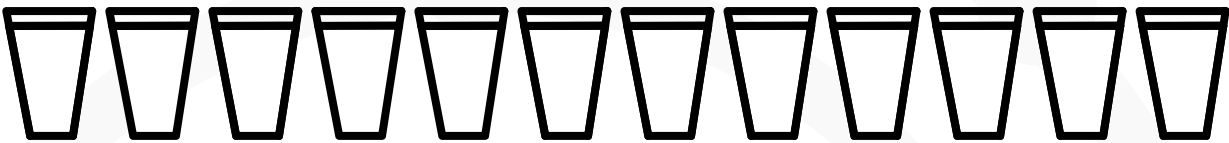


# FDA Recommended Daily Intake of Potassium (K<sup>+</sup>): **4,700 mg**

**12 Glasses of 1% milk\***  
(8oz serving)



**\$2.19 per day<sup>^</sup>**



**(Cal) 1264**

**11 Medium bananas\***



**\$2.12 per day<sup>^</sup>**



**(Cal) 1155**

**5 Medium potatoes\***



**\$1.81 per day<sup>^</sup>**



**(Cal) 804**

**2.35 Glasses of 2K**  
(500mL serving)



**\$0.72 per day**



**(Cal) 282**

\*USDA Nutritional Standards  
<sup>^</sup>US Bureau of Labor Statistics, April 2018

FDA Recommended Caloric Intake (**2000 Cal**)