

Here's a summary of what I've learned:

Abbreviations are Pot = potassium, Sod= Sodium, Cal= Calcium, Mag= magnesium

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|------------------------|---|---|--------------|-------|-----------------|
| Bananas | Pot | Cal | Mag | | |
| Sweet Potatoes | Pot | Cal-6x more than bananas | Mag | Water | |
| Potatoes, pumpkins | Pot | Cal | Mag | Water | |
| Avocado | Pot- 2x more than sweet potatoes/bananas, | 975 mg/whole avocado | | | |
| Beans/lentils | Mag + fiber | | | | |
| Melons | Pot | some Sod | Cal | Mag | Water |
| Watermelons | Pot | Water – 92% by volume | | | |
| Milk | Pot | Sod | Cal+ protein | Water | |
| Pickle Juice | Sod | Water – may set off a nerve reaction that stops the cramps | | | |
| Dark leafy greens | Cal | Mag | | | |
| Orange Juice | Pot, 500 mg/cup | Cal | Mag | Water | |
| Nuts/seeds | Cal | Mag- sunflower 37 mg/ounce, Almonds 2x more than sunflowers | | | |
| Salmon | Pot- 326 mg/3 oz. | Sod- 52 mg/3 oz. | | | |
| Tomatoes, tomato juice | Pot | Water | | | |
| Coconut water | Pot | Sod | Cal | Mag | Water+ NO sugar |
| Water | Water | | | | |