

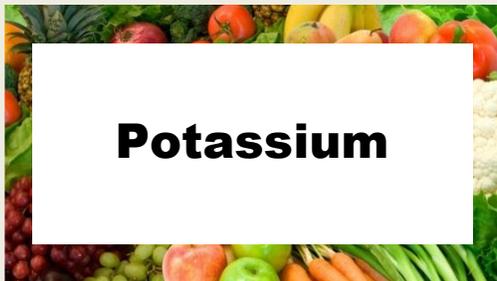
NUTRITION FORECAST

The Institute for
Cancer Care 
AT MERCY

Reliable information to promote a healthy lifestyle
before, during, and after cancer treatment.

Summer 2020

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Benefits of Potassium

Potassium supports many functions in our body. Not only does it play a role in muscle contractions and nerve functions, but it also helps regulate blood pressure. It's important in kidney and heart function as well.

Kidneys & Potassium

One of the roles of the kidneys is to ensure your blood has the right amount. If you're kidneys are not working properly, they might have trouble regulating the potassium in your blood. Too much potassium in your blood can lead to dangerous complications such as an irregular heartbeat or a heart attack.

Food Sources of Potassium – Not Just Bananas!

Fruit – Dried apricots, prunes, raisins, oranges, bananas, strawberries, avocados, cantaloupe, kiwi



Vegetables – Beans, potatoes, broccoli, Brussels sprouts, beet greens, raw kale, parsnips, lentils



Poultry/Seafood/Meat: Beef roast, chicken, clams, crab, tuna, cod, salmon, halibut, pork



Nuts/Seeds – Peanuts, sunflower seeds, pumpkin seeds, pistachios, almonds, cashews, hazelnuts



Avocado Salsa

Looking for a fresh and flavorful way to add a splash of vibrant colors to your next meal or snack? This bright and tasty salsa will be perfect! Eat it with tortilla chips or put it over fish!



Source: <https://cookieandkate.com/chunky-avocado-salsa-recipe/>

Ingredients

- 3 large ripe avocados or 4 small to medium ones, diced
- 1 pint cherry tomatoes, quartered
- 1 cup chopped red onion (about 1 small onion)
- ½ cup finely chopped cilantro
- 1-2 medium jalapenos, seeded and minced
- ¼ cup of lime juice (about 1-2 limes)
- 1 teaspoon salt
- ½ teaspoon ground coriander (optional)

Directions

1. In a large serving bowl, combine all of the ingredients as listed. Gently toss to combine (don't over-mix, or the avocados will turn everything green!). Taste, and add more salt if it doesn't taste quite spectacular enough.
2. Serve promptly, as the avocado will brown over time. To store leftovers, try to minimize the amount of oxygen by using a container that's just the right size, or press plastic wrap directly against the avocado. It will keep in the refrigerator this way for 1 to 2 days.

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