

Electrolytes: Tiny Minerals With a Massive Impact

From powering heartbeats and muscle contractions to supporting mental clarity, electrolytes have a big impact on our health. Aim to incorporate these food sources of electrolytes into your diet!

Yogurt

Preferably Unsweetened

ELECTROLYTES:

Calcium, potassium

TRY IT:

Enjoy with fruit, smoothies, or use in savory dips



Leafy Greens

ELECTROLYTES:

Magnesium, calcium, potassium

TRY IT:

Sauté, blend into smoothies, or stir into soups or eat in salads



Nuts & Seeds

ELECTROLYTES:

Magnesium, phosphorous, potassium

TRY IT:

Snack on them, sprinkle them, or blend them



Coconut Water + Pretzels

ELECTROLYTES:

Potassium, sodium, magnesium

TRY IT:

Sip coconut water with a small salty snack like pretzels or nut butter-stuffed dates



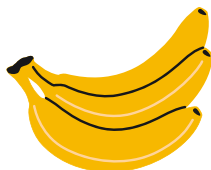
Bananas

ELECTROLYTES:

Potassium, magnesium

TRY IT:

Great on their own or blend in a smoothie



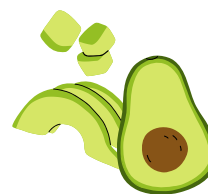
Avocados

ELECTROLYTES:

Potassium, magnesium

TRY IT:

Spread on toast or cube into your next grain bowl



For more detailed information, see our blog post by scanning the QR code.