

TABLE 1 Adequate Intake for Potassium by Age and Life Stage*

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	400 mg	400 mg		
7 to 12 months	860 mg	860 mg		
1 to 3 years	2,000 mg	2,000 mg		
4 to 8 years	2,300 mg	2,300 mg		
9 to 13 years	2,500 mg	2,300 mg		
14 to 18 years	3,000 mg	2,300 mg	2,600 mg	2,500 mg
19 to 50 years	3,400 mg	2,600 mg	2,900 mg	2,800 mg
51+ years	3,400 mg	2,600 mg		

SOURCE: POTASSIUM: FACT SHEET FOR HEALTH PROFESSIONALS. NATIONAL INSTITUTES OF HEALTH WEBSITE. [HTTPS://ODS.OD.NIH.GOV/FACTSHEETS/POTASSIUM-HEALTHPROFESSIONAL](https://ods.od.nih.gov/factsheets/potassium-healthprofessional). UPDATED MARCH 26, 2021.

* NOTE THAT THESE VALUES DO NOT APPLY TO PEOPLE WITH MEDICAL CONDITIONS SUCH AS KIDNEY OR HEART DISEASE OR THOSE WHO USE MEDICATIONS THAT INTERFERE WITH POTASSIUM BALANCE IN THE BODY.