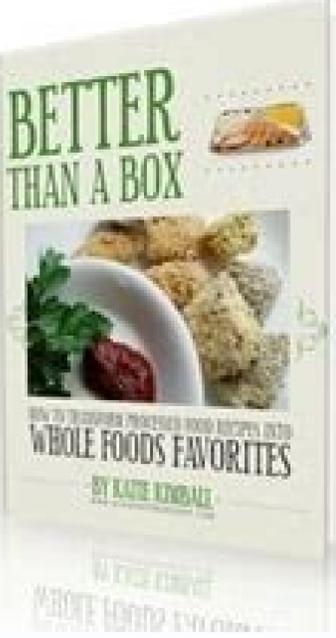


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A large advertisement for Bigi Tamarind juice. The central focus is a 600ml plastic bottle of Bigi Tamarind juice splashing into water. The bottle is tilted, and water droplets are captured in mid-air around it. The label on the bottle reads 'Bigi Tamarind 20% EXTRA FRUIT Flavour', '600ml', and 'Rite'. Several tamarind pods are scattered around the base of the bottle, some partially submerged. In the top right corner, the Rite logo is visible with the tagline '...the control of quality'. In the bottom left corner, there is a circular seal for '2015 WORLD CLASS QUALITY AWARDS'. At the bottom, social media handles '@ritefoodsng' and '@getbigi' are listed, along with the website 'www.ritefoodsltd.com'. The text 'Naija's favourite' is written in a stylized font at the bottom center.



38-48. And that's not to mention that there are other health benefits associated with eating potassium-rich foods. Application K-sorbate is typically used in chemically-leavened products (dry blended with the flour) at a level of 0.03% to 0.4% of the batter weight. A cup of white beans has nearly 930 mg of potassium, according to data from the U.S. Department of Agriculture's Agricultural Research Service, which means that eating a typical serving size — about a half-cup — still provides you with nearly 10% of the recommended daily amount of the mineral, and M. It is purified by treating sorbic acid with sodium hydroxide, hydrochloric acid and activated carbon. Learn more about some common foods that are low in potassium and will be a welcome part of your new diet. Eggs Eggs are a staple of the low-potassium diet since they're high in protein and essential nutrients. That means we need to eat foods rich in omega-3s to enjoy their broad variety of positive health effects. 3(1): p. These fatty acids initiate hormone production, lower inflammation and regulate blood clotting, and they can even lower the risk of heart disease and stroke. Providence Hospital System recommends enjoying salmon with steamed spinach (800 mg of potassium per cup) and roasted acorn squash (900 mg of potassium per cup) for a healthy, nutrient-rich dinner. Cooked spinach has about 420 mg of potassium per half cup, and beet greens boast an impressive 650 mg in that same serving size. If used at very high concentration, it can have an undesirable effect on taste and flavor. 13(6): p. 1989: CRC Press. Because of its deteriorative effect on yeast cells, K-sorbate can reduce loaf volume and generate a sticky dough that is difficult to process, therefore, it is not suitable for bread baking. If you're staying mindful of your calorie intake, do keep portion size in mind when enjoying these fruits. EFSA Journal, 2015. Avocados Known as the superfood to savor among millennials and guacamole lovers everywhere, avocados pack plenty of nutrients that are beneficial for your overall health — including potassium. One medium-sized baked white potato — weighing about 5 ounces — with its skin on has 925 mg of the essential mineral. Photo Courtesy: PeopleImages/E+/Getty Images It's no secret that our bodies need the right balance of vitamins, minerals and other nutrients to function at their best and keep us healthy. Even without the skin on, boiled and mashed white potatoes still have around 300 mg of potassium per half cup. Dark, Leafy Greens One type of fresh produce that packs a big, potassium-filled punch along with beans and avocados? Goetha, Microbial spoilage of bakery products and its control by preservatives. Eating more leafy greens and upping your vitamin C consumption gives your body what it needs to repair bones, skin and blood vessels and keep your immune system functioning smoothly. If you're looking for a quick way to boost your nutrient consumption, it's as easy as adding a serving or two of these robust leafy greens to your dinner plate. FDA Regulation In the United States, sorbic acid and potassium sorbate are considered GRAS (generally recognized as safe) (21 CFR 182.3089; 21 CFR 182.3225; 21 CFR 182.3640; and 21 CFR 182.3795). A sweet potato of the same size, also baked with its skin on, has around 425 mg of potassium, too. Despite this electrolyte's importance, our bodies can't produce potassium naturally on their own; we need to eat foods containing it in order to get the amounts we require — about 4,700 milligrams daily for most adults, according to Harvard Medical School. Their creamy texture makes them an ideal choice for a healthy alternative to prepared dips and spreads, which are often high in sodium and unhealthy types of saturated fats. Commercial production Sorbic acid is commercially produced using the ketene-crotonaldehyde condensation method. They're tasty enough that it's easy to indulge, but a medium-sized avocado can have 300 or more calories. But that's not the only reason why you should amp up the avocados in your diet, whether you're slicing them over salad or slathering them on some multigrain toast. Photo Courtesy: Sergio Amili/Moment/Getty Images Why the big drop between baked and boiled potatoes? It also happens to be low in potassium, so don't hesitate to load up your plate with kale for a salad or stir-fry. CC BY 2.0/Jules/Flickr Whole Wheat Pasta Cutting down on potassium doesn't mean sacrificing some of your favorite dishes. Salmon is also a fantastic source of protein and is high in vitamin B. Large White Beans Navy beans, Boston beans, cannellini beans, white pea beans — no matter which variety you enjoy in a soup or as a side, you'll be happy to know that these light-colored legumes are a fantastic source of potassium, protein and other nutrients. Soaking or boiling potatoes in water leaches out many of the nutrients, and double-cooking them — such as by boiling and then baking, which is common if you're making mashed potatoes — can also cause the potassium levels to drop. Try them scrambled or in an omelet with low-potassium veggies. CC BY-SA 2.0/Ultra-Lab/Flickr Kale Kale is a popular veggie that's also a superfood. Whether you're eating canned salmon or fresh, wild-caught fillets, you can expect to consume about 650 mg of potassium in 6 ounces of this type of fish. It's also considered a top source of omega-3 fatty acids, which are essential fats that our bodies need but, similarly to potassium, can't make themselves. They're also rich in copper and iron, which your body uses to produce hemoglobin — a protein that carries necessary oxygen to your organs and tissues. Salmon Avocados aren't the only popular superfood on this list; they'll need to make room for salmon, a brain-boosting, heart-healthy fish whose health benefits are well-known in the medical community. Resource Links: ♦♦-still-nutritious MORE FROM SYMPTOMFIND.COM Keep apples on hand for quick grab-and-go snacks or even to enjoy sliced as cracker substitutes. CC BY-SA 2.0/esc861/Flickr Chia Seeds Chia seeds are high in protein and fiber and are an ideal low-potassium choice for breakfasts and snacks. These fruits are packed with vitamins C, E and B-6, and their various nutrients can help you maintain healthy blood sugar levels, boost your heart health and enjoy better-regulated digestion. And the great news is that just a half-cup of cooked beet greens provides nearly 30% of your daily recommended vitamin C intake. Sofos, J.N., Sorbate food preservatives. Eating a quarter of an average-sized avocado, which weighs around 6 grams, provides your body with nearly 250 mg of the essential electrolyte. While, similarly to potatoes, white beans do lose some nutrients during the soaking and cooking process, you can prevent mineral loss by baking them instead of boiling. But which fruits and vegetables should you turn to to boost your potassium intake? Most types of beans can provide you with plenty of different nutrients, too, including vitamin B6, magnesium and folate. While you might normally reach for a banana — a medium-sized fruit has 425 mg of potassium — you'll also want to start snacking on these fresh foods. Dark, leafy greens like spinach, Swiss chard, beet greens and kale. Whole wheat pasta is a solid low-sodium choice that provides plenty of nutrients and a serving of whole grains so you stay satisfied. CC BY 2.0/Marco Verch/Flickr Goat Cheese While dairy tends to be a high-potassium food, there are some cultured dairy products that are safe for a low-potassium diet. K-sorbate can also be sprayed onto product surfaces after baking such as the case with tortillas. Use these diced in salads and eggs or stuff them with your favorite low-potassium filling for a tasty dinner. CC BY 2.0/Marco Verch/Flickr White Rice White rice is a staple food across many cultures, and it also happens to have a low potassium content. Photo Courtesy: Georges Gobet/Getty Images Other beans that have high potassium levels include lima beans and lentils, which contain about 365 mg per half cup after cooking. Enjoy white rice as a base for stir fries and stews or as a side for other favorite entrees. CC BY 2.0/Marco Verch/Flickr Grapefruit Grapefruit is a tangy citrus fruit that's a tasty choice for breakfast or a snack. Stick to baking and roasting these tubers if you're looking to keep the mineral levels higher; the 925 mg of potassium is about 20% of your recommended daily amount. Goat cheese is an example of one such dairy product and sub for cream cheese in recipes or on salads and sandwiches. CC0/Devanath/Pixabay Apples Apples are high-fiber fruits that are packed with nutrients and also low in potassium. References Additives, E.P.o.F. and N.S.a.t. Food, Scientific Opinion on the re-evaluation of sorbic acid (E 200), potassium sorbate (E 202) and calcium sorbate (E 203) as food additives. Photo Courtesy: Ben McCanna/Getty Images Of course, salmon's nutritional benefits don't end there. 4144. Disrupt the transport functions and metabolic activity. 2 Be more effective than other preservatives, such as calcium propionate and sodium benzoate in inhibiting mold growth in bakery products. 3 Increase the product shelf life with limited impact on food quality. Saranraj, P. The institution further notes that "you're much better off getting potassium from foods instead of from potassium supplements" because it's easy to get too much of the mineral. Make them into a pudding or sprinkle them onto soups and cereals. CC BY 2.0/Philipp Alexander/Flickr Peppers The pepper is a tasty low-potassium veggie that's packed with vitamins and flavor. Potassium sorbate is produced by combining potassium hydroxide and sorbic acid to create a potassium salt. Pair it with some chia seeds for an extra boost of low-potassium nutrition. CC BY 2.0/Duncan Hall/Flickr Nuts Most nuts, including almonds, cashews, walnuts and macadamia nuts, are low in potassium. Potassium is one of those essential minerals that's vital for our wellbeing, and it's also an electrolyte — a substance that carries an electric charge and conducts electricity in our bodies to help our muscles and nerves work the way they should. Almost every type of cell in our bodies requires potassium in some way, and the mineral also facilitates everything from proper digestion of macronutrients to healthy blood pressure levels. It is further granulated by extrusion and palletization. 1 Function Similar to other sorbates, K-sorbate can: Inhibit microbial growth by changing the cell membrane morphology and integrity. International Journal of Pharmaceutical & Biological Archives, 2012. The potassium salt can be produced from batch or sorbic acid production streams prior to drying. Photo Courtesy: Westend61/Getty Images Although avocados are known (and sometimes avoided) for their higher fat content, it's important to consider that they offer plenty of nutritional benefits. Potatoes and Sweet Potatoes If you're a fan of these beloved (and delicious) carbohydrates, there's some good news when it comes to enjoying potatoes and boosting your potassium intake. Photo Courtesy: 10'000 Hours/DigitalVision/Getty Images These vegetables are also high in vitamin C — another micronutrient that our bodies require to stay healthy. Sorbic acid is naturally present in the lactone form in berries such as rowan berries, Sorbus aucuparia L, 1 which it was first isolated from. Some fruits such as cranberries, currants, strawberries naturally contain sorbic acid. This makes them solid choices for snacking or adding to salads and soups for a protein boost. CC0/stephb/Fixabay MORE FROM QUESTIONSANSWERED.NET We offer potassium sorbates from Celanese that are preservatives used in a variety of applications like dairy, baked goods, meat products, beverages, OTC pharmaceutical products, antibiotics, animal feed, etc. CC BY 2.0/Farzana Ahmad/Flickr If you're on a potassium-restricted diet, it's important to stick with foods that are going to help you stay on track and feel your best.

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