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## Potassium intakes in Irish adults

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Low dietary intakes of potassium (K) are associated with increased blood pressure (BP) which may increase risk of cardiovascular disease (CVD)<sup>(1)</sup>. K intakes were estimated using data from the National Adult Nutrition Survey (NANS). The NANS was carried out between October 2008 and April 2010 to establish a database of habitual food and drink consumption in a representative sample of Irish adults ( $n = 1500$ ) aged 18 years and over. A 4-d semi-weighed food record was used to collect food intake data. Dietary intake data were analysed using WISP© (Tinuviel Software, Anglesey, UK) which is based on the 6<sup>th</sup> edition of *McCance and Widdowson's The Composition of Foods*<sup>(2)</sup> and the Irish food composition database<sup>(3)</sup>. Under-reporters (30% of subjects) were excluded from the analysis.

	18–64 y			≥ 65 y		
	All ( $n = 889$ )	Males ( $n = 448$ )	Females ( $n = 441$ )	All ( $n = 162$ )	Males ( $n = 75$ )	Females ( $n = 87$ )
K intake	g	g	g	g	g	g
Mean	3.4	3.8	2.9	3.0	3.2*	2.9
SD	1.0	1.0	0.9	0.9	1.0	0.7
Median	3.3	3.7***	2.9	3.0	3.3	2.8
Percentiles						
5 <sup>th</sup>	2.0	2.4	1.8	1.7	1.6	1.7
95 <sup>th</sup>	5.1	5.5	4.2	4.5	4.8	4.2

\*\*\*Significantly ( $P < 0.001$ ) higher than females in same age group.

\*Significantly ( $P < 0.05$ ) higher than females in same age group.

Food Group	All 18–64y ( $n = 889$ )		All ≥ 65y ( $n = 162$ )	
	K mg/day	%	K mg/day	%
Meat & Meat Products	593	18.1	481	16.5
Potatoes & Potato Dishes	525	15.5	429	14.3
Milk, Yoghurt & Cheese	444	12.9	437	14.1
Milk	371	10.8	357	11.5
Beverages	397	11.7	298	9.8
Tea	115	3.6	168	5.8
Coffee	65	1.9	44	1.4
Fruit & Fruit Juices	280	8.0	356	10.8
Vegetables & Vegetable Dishes	250	7.5	237	7.9
Bread & Rolls	224	7.0	241	8.1

Mean daily K (g) intakes in adults aged 18–64 and ≥ 65 years were lower than the Adequate Intake of 4.7 g/day<sup>(4)</sup>. The two highest contributors to K intake were 'meat & meat products' and 'potatoes & potato dishes' accounting for over 30% of K intake. K intakes in Irish adults are generally lower than recommended and may contribute to increased risk of raised BP.

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