

### **Tangy Roasted Red Pepper Dip: High in potassium and calcium**

Cottage Cheese (in 4 oz)

- High in calcium
- Moderately high in potassium

Garlic

- High in potassium and calcium
- Moderately high in fiber

### **Sun-Dried Tomato Hummus: High in potassium, magnesium, calcium, and fiber**

Chickpeas

- High in potassium, magnesium, and fiber (7.6 g)
- Moderately high in calcium

Sun-dried tomatoes

- High in potassium, magnesium, and fiber
- Moderately high in calcium

Garlic

- High in potassium and calcium
- Moderately high in fiber