Are all high Potassium foods good for you?

Potassium-rich foods are great for helping you to lose weight as they are low in calories and will keep you going for longer.

If you don't get enough potassium in your diet then try eating more bananas, white beans, spinach, yogurt and baked potatoes with the skins on.

Pundits recommend the above for slimming. Is it true?

True but ensure that you focus more on lower kapha energy foods and getting all your six tastes in each meal….so eat smaller portions of higher kapha foods such as bananas. Food is made up of three energies or a combination of them. Kapha energy is the heaviest of these.

More details of foods with higher Kapha energy.

Ravi Bhanot