

Lowering Potassium for Vegetables

If you are on a low potassium plan, you do not have to cut out all high potassium foods. You can still enjoy some by using cooking methods like leaching or double boiling to help lower the potassium. This does not remove all of the potassium, but it can help reduce it.

How to Cook Potatoes to Lower Potassium:

1	Wash and peel your potatoes, sweet potatoes, or yams.	
2	Cut potatoes into small pieces. Rinse them twice with water.	
3	Put potatoes in a large pot. Add water to cover them with about 3 inches of extra water. Bring to a boil and cook for 10–15 minutes.	
4	After the first boil, drain the water. Put the potatoes back in the pot and add fresh water again.	
5	Bring to a boil, then cook until the potatoes are soft. Drain the water and enjoy.	

Lower Potassium Options Instead of Potatoes

You have options besides potatoes. Some vegetables have less potassium and can be used instead of potatoes in recipes. Choosing these can help lower the total potassium in your meal. For example:

1

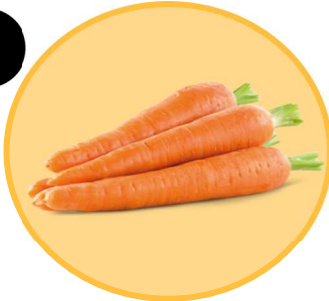


Cauliflower

Cauliflower is a low potassium choice and has a texture like potatoes when cooked. It is also lower in carbohydrates, which can help with blood sugar.

Ways to use: use in place of mashed potatoes.

2



Carrots

Carrots are a lower potassium choice and are high in vitamin A. They have a natural sweetness that is similar to sweet potatoes.

Ways to use: use in place of sweet potatoes or cut into sticks and bake for fries.

3



Turnips

Turnips have more potassium than cauliflower and carrots, but less than potatoes.

Ways to use: use in place of potatoes in stews and soups.

4



Radishes

Radishes may be spicy when raw, but when roasted the flavor becomes more subtle and can take on the favor of whatever herbs or seasonings you choose to use.

Ways to Use: substitute for garlic roasted red potatoes

