

# Kidney Disease: Reducing Potassium in Food

By controlling the amount of potassium you eat, you can keep a safe level in your blood. Cooking helps remove potassium from starchy vegetables, such as potatoes. To reduce potassium, boil the vegetables in a large amount of unsalted water. Drain and discard the water before serving. The tips on this sheet can help.



## To Cook Potatoes

Follow the steps below to reduce the potassium content of white potatoes.

- Peel and cut the potatoes into  $\frac{1}{8}$ -inch pieces.
- Place the potatoes in a large amount of unsalted water. Allow to stand for at least 2 hours.
- Drain, rinse, and drain the potatoes again.
- Cook in a large amount of unsalted water.



### **Watch Out for Hidden Sources of Potassium**

The potassium content of a food may change depending on how the food is preserved. Most food labels do not include potassium, so keep these tips in mind:

- Dried fruits are high in potassium. Canned fruits are lower.
- Other foods with high levels of potassium include salt substitutes, lite salts, milk, coffee, and some vegetable juices and powdered drink mixes.