**Leaching Guide:** To reduce potassium in potato & provisions

**Method 1:**
1. Peel potatoes.
2. Cut into ½” cubes or ⅛” slices.
3. Soak in 10x volume of warm or room temperature water for 30 minutes - 2 hours. If soaking longer, change water every 4 hours. **Do not leave to soak in refrigerator.**
4. Drain and rinse potatoes.
5. Cook in 5x volume of water.
6. Drain potatoes and discard the cooking liquid.

Potatoes can then be fried, mashed or used in salad.

**Method 2:**
1. Follow Steps 1 & 2 above.
2. Bring potatoes to boil in 5x volume of water.
3. Drain and rinse potatoes.
4. Refill pan with 5x volume of water and cook.
5. Drain potatoes and discard the cooking liquid.

Potatoes can then be fried, mashed or used in salad.

**Starches**

English potatoes and provisions are extremely high in potassium. They should **always** be leached and should not be used more than once in a day.

<table>
<thead>
<tr>
<th>Amount</th>
<th>Potassium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biscuits, Soda/Eclipse</td>
<td>6</td>
</tr>
<tr>
<td>Biscuits, plain, Wibix/Crix</td>
<td>10</td>
</tr>
<tr>
<td>Bran flakes/Raisin bran</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bread, white</td>
<td>2 slices</td>
</tr>
<tr>
<td>Bread, whole wheat</td>
<td>2 slices</td>
</tr>
<tr>
<td>Breadfruit, raw</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cassava, raw</td>
<td>1 cup</td>
</tr>
<tr>
<td>Corn</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cornflakes</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cornmeal cou-cou</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cream of wheat, boiled</td>
<td>1 cup</td>
</tr>
<tr>
<td>Dumpling, small/medium</td>
<td>1 only</td>
</tr>
<tr>
<td>Green banana, boiled</td>
<td>1 cup</td>
</tr>
<tr>
<td>Oats, boiled</td>
<td>1 cup</td>
</tr>
<tr>
<td>Pasta, all types, boiled</td>
<td>1 cup</td>
</tr>
<tr>
<td>Plantain, cooked</td>
<td>1 cup</td>
</tr>
<tr>
<td>Potato, English, boiled</td>
<td>1 medium</td>
</tr>
<tr>
<td>Potato, English, mashed</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Potato, English, leached</strong></td>
<td>1 cup</td>
</tr>
<tr>
<td>Potato, French fries</td>
<td>20</td>
</tr>
<tr>
<td>Rice, brown, cooked</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rice, long grain, cooked</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sweet potato, boiled</td>
<td>1 small</td>
</tr>
<tr>
<td>Yam, boiled</td>
<td>1 cup</td>
</tr>
<tr>
<td>Yam, <strong>leached</strong></td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Average estimate based on Method 2 leaching only.
Controlling potassium is very important for persons receiving dialysis. This leaflet has information to assist you in planning meals.

**What is potassium?**
Potassium is found in all foods and helps to regulate the nerves, muscles and heart. Normally, the kidneys should clear excess potassium from the body but when kidneys fail potassium builds up in the blood.

**Why is high potassium bad?**
Excess potassium can cause an irregular heart beat and lead to a heart attack. It can also cause weakness and numbness.

**What is a safe amount of potassium?**
The safe amount of potassium for you will be determined by your doctor based on your blood results. This can change from one dialysis session to the next.

**Planning meals**
Protein is the cornerstone of the meal plan, and most of it should come from meat, fish, poultry and eggs. Since these foods are high in potassium this limits the amount of other foods that can be included in the plan.

Dried peas and peas are usually avoided due to their high potassium content and milk and dairy are restricted due to their high phosphorus content.

For more assistance in creating your own personal meal plan you should consult a Registered Dietitian.

Vegetables and fruits are an important part of any diet. The amounts stated in the following lists are all equal to 1 serving. Each serving contains approximately 150mg or 4mmol potassium. You can make your selection (in the amount stated) according to availability or your own personal preference. **Aim for 2 servings of vegetables and 2 servings of fruit daily.**

### Vegetables
- Beets, boiled: ½ cup
- Broccoli, boiled: ¼ cup
- Butternut squash, boiled: ¼ cup
- Cabbage, boiled/shredded: 1 cup
- Cabbage, red, boiled/shredded: ¾ cup
- Callaloo, boiled: 2 Tbsp
- Carrots, boiled/grated: ½ cup
- Celery, raw, chopped: ½ cup
- Chinese cabbage, boiled: ¼ cup
- Christophene, boiled: ½ cup
- Cole slaw: ½ cup
- Cucumber, peeled, sliced: ¾ cup
- Eggplant, boiled: 1 cup
- Mixed vegetables, canned: ¼ cup
- Mixed vegetables, frozen, boiled: ½ cup
- Mushrooms: ¼ cup
- Lettuce, iceberg/local: 3 leaves/2 cups
- Lettuce, romaine: 2 leaves/1½ cup
- Okras, sliced, boiled: 10 small (3”)
- Onion, chopped: 1 medium/½ cup
- Pumpkin, boiled: ¼ cup
- Spinach, boiled: 2 Tbsp
- Sweet pepper, chopped: ½ cup
- Tomato, raw: 2 slices/¼ cup
- Tomato, cherry, raw: 3 only
- Zucchini squash, boiled: ½ cup

### Fruits
- Ackees (guinep): 10
- Apple, English: 1 small
- Avocado pear: ½ slice/1 ounce
- Banana/fig: ½ medium (7”-8”)
- Carambola (star fruit): 1 medium
- Cherries, imported: 8
- Cherries, local: 20
- Coconut water: ¾ cup
- Dunks: 12
- Fruit cocktail, canned: ½ cup
- Golden apple: 1 small
- Grapefruit/Juice: ½ small/¼ cup
- Grapes: 15 medium
- Guava: ½ medium
- Kiwi: ½ medium
- Lime/Lemonade: 2 medium/3 cups
- Mammie apple: 1 cup
- Mango: 1 small/½ cup
- Melon, cantaloupe: ½ cup
- Melon, honeydew: ½ cup
- Orange/Orange juice: ½ medium/¼ cup
- Passion fruit /Drink: 2 medium/3 cups
- Pawpaw: ½ small/½ cup
- Pear, imported: 1 small
- Peaches, canned: 1 half/½ cup
- Pineapple, fresh/canned: ¼ cup
- Plum, imported: 1 medium
- Plum, local: 10 small/5 med.
- Prunes: 2 only
- Raisins: 1 Tbsp
- Sorrel petals/Sorrel drink: 1 cup/3 cups
- Soursop: ¼ cup
- Strawberries: 5 large/½ cup
- Sugar apple: ½ medium
- Tamarind: 10 small (3”)
- Tangerine: 1 medium
- Watermelon: ¾ cup

Servings are based on standard measuring cups and spoons.