

## Leaching Guide

How to reduce potassium in potato & provisions

### Method: 1

1. Peel potatoes.
2. Cut into ½" cubes or 8/1" 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 2 & 1 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.

### DISCLAIMER

It is our wish that this leaflet be of value in providing information on potassium but it is not intended to be a substitute for professional medical advice.

Always consult your medical practitioner with any questions you may have. Never disregard professional medical advice or delay in seeking it because of something you read in this leaflet.

## 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.



	Amount	Potassium (mg)
Biscuits, Soda/Eclipse	6	42
Biscuits, plain, Wibix/Crix	10	40
Bran flakes/Raisin bran	1 cup	318/185
Bread, white	2 slices	58
Bread, whole wheat	2 slices	138
Breadfruit, raw	1 cup	1078
Cassava, raw	1 cup	558
Corn	½ cup	196
Cornflakes	1 cup	18
Cornmeal cou-cou	1 cup	51
Cream of wheat, boiled	1 cup	40
Dumpling, small/medium	1 only	73/17
Green banana, boiled	1 cup	539
Oats, boiled	1 cup	122
Pasta, all types, boiled	1 cup	62
Plantain, cooked	1 cup	716
Potato, English, boiled	1 medium	515
Potato, English, mashed	1 cup	685
Potato, English, leached	1 cup	300
Potato, French fries	20	418
Rice, brown, cooked	1 cup	84
Rice, long grain, cooked	1 cup	55
Sweet potato, boiled	1 small	359
Yam, boiled	1 cup	911
Yam, leached	1 cup	300*

\* Average estimate based on Method 2 leaching only.



## RENAL DIETS



## Potassium in renal diets

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 beans 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	¼ cup
Cauliflower, boiled	1 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	½ cup
Lettuce, iceberg /local	3 leaves/2 cups
Lettuce, romaine	2 leaves/1 ½ 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/3 cherry
Zucchini squash, boiled	¼ cup

## Fruits

Acees (guinep)	10
Apple, English	1 small
Avocado pear	¼ slice/1 ounce
Banana/fig	¼ medium (7"-8")
Cherries, imported	8
Cherries, local	20
Coconut water	¼ 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	¼ cup
Melon, honeydew	¼ 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	¾ 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/¾ cup
Sugar apple	½ medium
Tamarind	10 small (3")
Tangerine	1 medium
Watermelon	¾ cup

\* Servings are based on standard measuring cups & spoons

