
Kidney Disease: Reducing Potassium in Food

It is important to control the amount of potassium you eat so 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 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 don't 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, light salts, milk, yogurt, avocados, tomatoes, most nuts, coffee, some fruit and vegetable juices, and some powdered drink mixes.