Demineralizing Potatoes

Demineralization is the process of lowering the mineral (sodium, potassium, and phosphorus) content in various foods through step by step instructions that involve water, temperature, and time.

With so many of the foods we love being high in one or more of these minerals, the process of demineralizing allows renal patients to be able to fit these foods back into their diet.

Make sure to cook, eat, refrigerate, or freeze all demineralized foods within 24 hours. Demineralized foods spoil faster! You can always freeze extras that you do not plan to eat right away to use at another time.

REFERENCES

Jones, W. L. (2002). What you need to know about healthy living with demineralization: Food demineralization instructions for people with kidney impairment. United States: Lightening Source.

Directions

- Peel and slice potato to 1/8 inch thickness for best results
- Rinse in warm water (100°F) and allow to drain
- Place potatoes in a bowl and fill with 4 times the volume of warm water (100°F) stirring constantly, for 15-20 seconds
- Let the bowl of potatoes and water sit for 1 hour, then drain out the water into a colander
- Refill the container with 4 times the volume of cold tap water stirring constantly, for 15-20 seconds
- Let the bowl of potatoes and water sit for 15 hours, then drain out the water into a colander
- Place the potatoes in a large pan, cover with water and boil until tender. Drain and prepare the potatoes as desired.

Keep all food refrigerated until you plan to use it.

This process takes over 16 hours, so it is helpful to start the day before. Slice the potatoes to the correct thickness, soak overnight and complete the process the following day. If the potato is too thick, it will not demineralize correctly.

This process will reduce potassium by up to 86%!