



# Demineralizing Sauerkraut

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.

## Directions

- Drain canned or packaged sauerkraut completely
- Add sauerkraut to a bowl and fill bowl with warm tap water (100°F)
- Let soak for 5 minutes
- Drain sauerkraut in a colander
- Pat dry if used in a dry dish
- Refrigerate any uneaten portion and use within 24 hours

**Remember to keep food refrigerated until you plan to use it.**

**Demineralizing for 5 minutes can possibly reduce potassium up to 86% and sodium by 99%! This process gives the sauerkraut a milder flavor.**

## 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: Lightning Source.