

THE LOW-POTASSIUM PREP CHEAT SHEET

A Quick Kitchen Guide for Soaking, Double-Boiling, and Prepping High Potassium Vegetables

By: Stephanie Suhai, MS, RD, CSR
Board Certified Specialist in Renal Nutrition

How Leaching Works

Potassium is a water-soluble mineral. Cutting vegetables into thin slices and soaking or boiling them in large amounts of water draws potassium out of the plant cells and into the liquid.

3 Golden Rules of Potassium Leaching:

1. Size Matters: Thin, small cuts release significantly more potassium than large chunks.
2. Water Ratio: Always use at least 10 parts water to 1 part vegetable by volume.
3. Discard the Liquid: NEVER use the soaking or cooking water for stocks, soups, gravies, or sauces.

The 5-Step Double-Boil Protocol

This method delivers the highest potassium reduction (up to 50%) for dense root vegetables.

1. Peel & Slice: Peel the vegetable and slice into thin pieces ($\frac{1}{8}$ -inch thick works best).
2. Rinse: Rinse slices in warm running water for 1 minute to remove surface starch.
3. Warm Water Soak: Place slices in warm water for at least 2 hours. Use a 10:1 water-to-veggie ratio.
4. Drain & Rinse: Drain the soaking water and give the slices a quick rinse with cold water.
5. Double-Boil: Place veggies in fresh, boiling water (10:1 ratio) and boil for 5 minutes. Drain the hot water completely, add fresh hot water, and continue cooking until tender.

Vegetable Prep & Reduction Chart

Vegetable	Cut Size	Prep Method	Est. Potassium Reduction
White Potatoes	1/8-inch slices or small cubes	Cold soak 2+ hrs + Double-boil	40-50%
Sweet potatoes & Yams	Thin round slices	Warm soak 2+ hrs + Double boil	35-45%
Winter Squash (Acorn, Butternut)	1/2 inch dice	Warm soak 2hrs + Boil in fresh water	30-40%
Carrots	Shredded or thin rounds	Cold soak 2 hrs or Single 10 min boil	20-30%
Beets	Thin slices	Cold soak 2 hrs + Boil	25-35%
Rutabaga & Turnips	1/2 inch cubes	Single 10 min boil in large water volume	25-35%
Portobello Mushrooms	sliced	Rinse + boil in large water volume for 5 mins	30-40%
Fresh Spinach & Kale	Chopped leaves	Quick 3 minute boil in abundant water	30-50%

Fast & Low-Prep Kitchen Alternatives

Short on time? Skip the leaching prep entirely with these naturally lower potassium swap ins.

- Instead of Mashed Potatoes: Try steamed cauliflower mashed with a touch of cream cheese, garlic powder, and chives.
- Instead of Hashbrowns: Try pan seared, diced turnips cooked with olive oil, paprika, and onions
- Instead of Tomato Sauce: Try roasted red pepper puree.

Take Control of Your Kidney Health

Disclaimer: Potassium needs vary significantly based on your stage of chronic kidney disease, medications, and blood work. Always consult your dietitian or physician to confirm your target daily potassium intake.

Confused by your latest lab work? Get personalized nutrition support tailored to your unique health goals.

Book a 1:1 Telehealth Consultation: <https://signup.nourish.com/providers/stephanie-suhai>

Questions? Email me directly: stephanie.suhai@usenourish.com