

Patient Education Tool



Yuca



Batata



Malanga



Yautia



Eddo



Yampi

How to Leach Potassium from Tuberous Root Vegetables

The process of leaching will help remove some of the potassium from tuberous root vegetables such as fresh batata, sweet batata, cocomalanga, dasheen, eddo, black yam (ñame), white yam (ñame), yellow yam (ñame), yampi, malanga, red yautia, white yautia, and yuca (cassava). Leaching will not remove all of the potassium from these vegetables; therefore, you still have to limit the amount of leached vegetables you eat. Speak with your dietitian about the amount of these vegetables that you can include in your daily diet.

1. Wash and peel the vegetable.
2. Slice the vegetable into thin slices.
3. Place the sliced vegetable in room temperature water. Use two times the amount of water to the amount of vegetable.
4. Bring the water to a boil.
5. Drain off the water and add fresh, room temperature water. Use two times the amount of water to the amount of vegetable.
6. Bring the water to a boil again and cook until the vegetable is soft and tender.

