Even if you have high blood potassium levels, vegetables need to continue in your daily diet.

**ONE WAY TO CONTINUE EATING VEGETABLES AND BEANS EVEN IF YOU HAVE HIGH BLOOD POTASSIUM LEVELS IS BY COOKING THE VEGETABLES IN WATER.**

VEGETABLES, LEGUMES AND BEANS

A collaboration between ERN and the ERA Cookbook
VEGETABLES

1. Unpeel them (if it has peel, like potato, zucchini, pumpkin and others) and cut in pieces or in slices.
2. Boil it in water until they are cooked.
3. Drain the water and wash them in cold water.
4. Season them as you like.

LEGUMES AND BEANS

1. Cook them in a pressure pan with water until they are cooked.
2. Drain the water.
3. Wash them in water.
4. Season as you like.

These steps are important for your health.

They are source of proteins, vitamins, fibers and minerals, like potassium.

Pressure pan requires attention when opening it after cooking the beans. After you cook the beans, you need to release the pressure from it. Learn how to do this before using this procedure.

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