

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



VEGETABLES, LEGUMES and BEANS

**ARE IMPORTANT FOR
YOUR HEALTH.**

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

VEGETABLES

Follow these steps:

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

Follow these steps:

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

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.