



Demineralizing Canned Green Beans

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

- Pour canned green beans into a colander
- Rinse using warm tap water (100°F) for 10-15 seconds
- Let green beans drain completely
- Place green beans in a bowl and fill with 4 times the volume of warm water (100°F) stirring constantly, for 15-20 seconds
- Let the bowl of green beans sit in the water for 1 hour
- After the time is up, drain out the water into a colander
- Prepare like usual

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

Demineralizing canned green beans for 1 hour can reduce potassium up to 80% and sodium 81%!

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: Lightening Source.