



Demineralizing Hot Dogs

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

- Slice hot dogs lengthwise for best results
- Bring water, at least 4 times the volume of the hot dogs, to a boil
- Place sliced hotdogs in the boiling water
- Boil for exactly 7 minutes while stirring. If you boil longer, the flavor may be affected
- Place hot dogs in a colander and rinse
- Pat dry with paper towels

Following these steps to demineralize hot dogs can reduce up to 60% of the sodium content, 50% of the potassium, and 23% of the phosphorus.

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: Lightning Source.