



# Demineralization

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.

Please note that demineralized foods spoil much faster. You can always freeze extras that you do not plan to eat right away to use at another time.

#### REFERENCE

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.