



Demineralizing Avocado

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.

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.

Directions

- Rinse, peel, and remove seed from center of avocado.
- Slice avocado ¼" thickness or less.
- Place avocado in a bowl and fill with 4 times the volume of cold tap water, gently stirring for 5 seconds. Place the bowl in the refrigerator and let it sit for 1 hour.
- After the time is up, carefully drain water away. Try not to let the pieces slide out into the colander. The pieces are now very soft and fragile.
- Refill the bowl with 4 times the volume of cold tap water again and gently stir for another 5 seconds. Place back in the refrigerator and allow to stand for another hour.
- Once the time is up, drain the water of and carefully slide the avocado onto several paper towels and gently pat dry.

Keep all food refrigerated until you plan to use it.

By following this process, you can reduce potassium by 41%. It is not recommended to demineralize longer than 2 hours because taste may be affected.

Note: If you use an Avocado that's not fully ripe, it may be easier to handle.