

Abstract

Leaching And Boiling Of Vegetables And Lentils For Potassium - How effective is the strategy?

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Abstract: Introduction: Hyperkalemia is a life threatening emergency in end stage kidney disease. Hence to reduce the potassium content leaching and boiling of vegetables is recommended.

Aim: Present study was done to quantify the potassium loss by leaching and boiling of commonly consumed 14 Indian vegetables and 9 lentils.

Methodology- We adopted the commonly practiced method of cooking in Indian homes. Rinsing /Leaching was done for all vegetables and split pulses for 10 min. Whole lentils were soaked overnight for 8 hours. After rinsing/washing water was drained out and sent for potassium testing. All vegetables and lentils were then boiled and after first boil water was

again sent for potassium testing.

Results: Median and average K loss from vegetables was 0 mg and 4.36 mg respectively ($p=1.00$) and after boiling median and mean K loss was 18 mg and 23.14 mg respectively ($p=0.04$). Mean K loss in lentils on leaching and boiling was 183.22 mg (34-346 mg) [$p=0.001$] and 267 mg (146-591 mg) [$p=0.001$] respectively. Boiling of vegetables was useful ($p=0.04$) but not leaching ($p=1.00$). Both leaching (0.001) and boiling ($p=0.001$) of lentils was beneficial.

Conclusions: Leaching of lentils is useful but not of vegetables. But boiling of both vegetables and lentils and draining out water from them results in significant potassium loss.