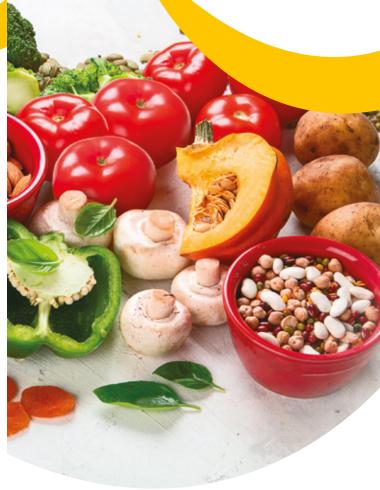
Even if you have high blood potassium levels, vegetables need to continue in your daily diet.

ONE WAY TO CONTINUE EATING
VEGETABLES AND BEANS EVEN
IF YOU HAVE HIGH BLOOD
POTASSIUM LEVELS IS BY COOKING
THE VEGETABLES IN WATER.





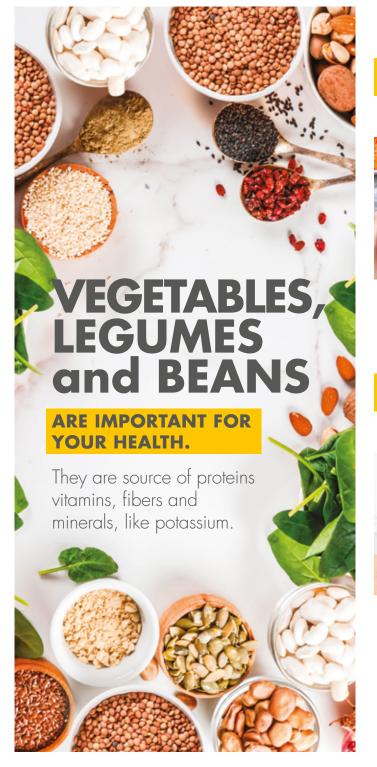




## VEGETABLES, LEGUMES AND BEANS



A collaboration between ERN and the ERA Cookbook





## Follow these steps:



Unpeel them (if it has peel, like potato, zucchini, pumpkin and others) and cut in pieces or in slices Boil it in water until they are cooked

Drain the water and wash them in cold water

Season them as you like

## LEGUMES AND BEANS





Cook them in a pressure pan with water until they are cooked Drain the water

Wash them in water

Season as you like

Pressure pan requires attention when opening it after cooking the beans. After you cook the beans, you need to release the pressure from it. Learn how to do this before using this procedure.