

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



# VEGETABLES, LEGUMES and BEANS

**ARE IMPORTANT FOR  
YOUR HEALTH.**

They are source of proteins  
vitamins, fibers and  
minerals, like potassium.

## VEGETABLES

Follow these steps:

1



Unpeel them (if it has  
peel, like potato, zucchini,  
pumpkin and others) and  
cut in pieces or in slices

2



Boil it in water until  
they are cooked

3



Drain the water and  
wash them in cold water

4



Season them as you  
like

## LEGUMES AND BEANS

Follow these steps:

1



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

2



Drain the water

3



Wash them in water

4



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.