Comparing Potassium Concentration of Potatoes in Varying pH Levels

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Potatoes have many health benefits such as providing many vitamins and minerals to the body. However, people that have to have a low potassium diet, such as the renal diet due to lower kidney function, need to reduce the amount of potassium they ingest. The purpose of this experiment was to lower the amount of potassium in different kinds of potatoes and see which method is best used. This experiment also investigates pH levels and how varying pH levels in the water that the potatoes are cooked in, affect the levels of potassium. The data was analyzed to reflect the various types of potatoes and the various pH levels of the water.

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