

Appendices

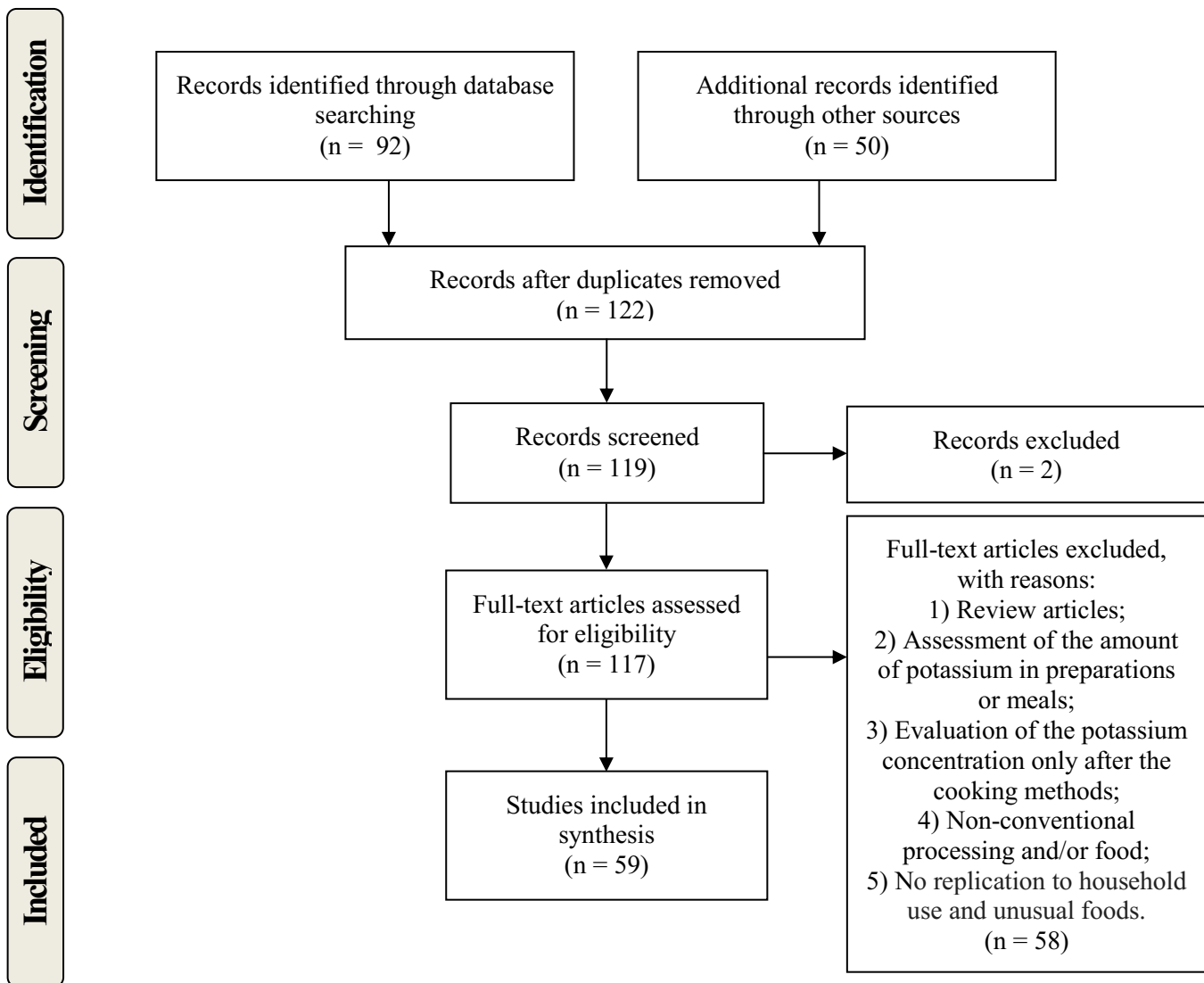


Figure 1: Summary of selection process for eligible studies.

Chart 1. Description of food by groups.

Food Groups	Foods found
Legumes	Chickpeas, bean, peanut, peas, soybeans and lentils.
Tubers and roots	Potato, beet, carrot e yam.
Green	Cabbage, endive, spinach, broccoli, cabbage, cauliflower, lettuce, chives and chard.
Fish and seafood	Fish in general.
Vegetables except tubers, roots and green	Pumpkin, zucchini, eggplant, chayote, tomato, pod, okra, chili, bamboo shoots and artichoke.
Nuts and seeds	Sesame, chestnut and amaranth.
Fruits and derivatives	Pineapple, banana, apple, papaya, pear and breadfruit.
Meats and derivatives	Beef and pork in general (beef rib, pork rib, veal).
Cereals and derivatives	Corn e pasta.

Table 1. Description of food groups, cooking methods, food preparation, classification of potassium content and method of analysis of potassium by studies.

Variables	Total evaluation	
	n	%
Food groups		
Legumes	129.0	27.4
Tubers and roots	122.0	25.9
Green	71.0	15.1
Fish and seafood	46.0	9.8
Vegetables except tubers, roots and green	36.0	7.6
Nuts and seeds	27.0	5.7
Fruits and derivatives	23.0	4.9
Meats and derivatives	10.0	2.1
Cereals and derivatives	7.0	1.5
Cooking methods		
Cooking in water	312.0	66.2
Dry heat cooking	85.0	18.0
Towing	30.0	6.4
Pressure cooking	18.0	3.8
Steam cooking	14.0	3.0
Cooking in water with microwave	10.0	2.1
Dehydration	2.0	0.4
Food preparation		
Discarding and subdivision	172.0	36.5
Non-performing	160.0	34.0
Subdivision	67.0	14.2
Freezing and thawing	41.0	8.7
Non-usual part discarding	31.0	6.6
Classification of potassium content		
Bellow (<100mg/portion)	209.0	44.4
High (201-300mg/portion)	174.0	36.9
Medium (101-200mg/portion)	88.0	18.7
Method of analysis of potassium		
Flame photometry	197.0	41.8
Atomic absorption spectrophotometry	267.0	56.7

Table 2. Descriptive analysis of the cooking methods for the amount of potassium before and after the application of the method.

Cooking methods	Potassium (mg/100g)								p-value
	Before cooking method				After cooking method				
	Mean $\pm$ SD	Median	1st	3st	Mean $\pm$ SD	Median	1st	3st	
Cooking in water	691.0 $\pm$ 771.9	385.0	229.4	887.2	488.2 $\pm$ 771.9	215.7	84.4	605.7	<0.01*
Dry heat cooking	844.3 $\pm$ 788.7	406.7	181.7	1402.3	831.0 $\pm$ 770.0	530.1	205.8	1167.0	0.79
Towing	711.9 $\pm$ 586.6	399.5	244.5	942.3	530.3 $\pm$ 459.1	333.5	148.9	860.7	<0.01*
Pressure cooking	957.4 $\pm$ 509.8	1120.0	344.5	1362.5	886.3 $\pm$ 548.6	1000.0	254.0	1385.0	0.07
Steam cooking	2003.1 $\pm$ 2298.6	404.0	262.6	3615.0	1372.9 $\pm$ 1502.9	360.0	242.3	2365.0	0.01*
Cooking in water with microwave	1033.2 $\pm$ 701.0	915.0	364.7	1727.7	713.9 $\pm$ 625.0	476.0	225.0	1456.2	<0.01*
Dehydration	392.5 $\pm$ 16.2	392.5	285.8	855.5	1486.1 $\pm$ 302.4	1486.1	954.1	1827.0	0.25

SD-Standard Deviation; 1st-3rd quartiles.

* Wilcoxon-test; p-value < 0,05.

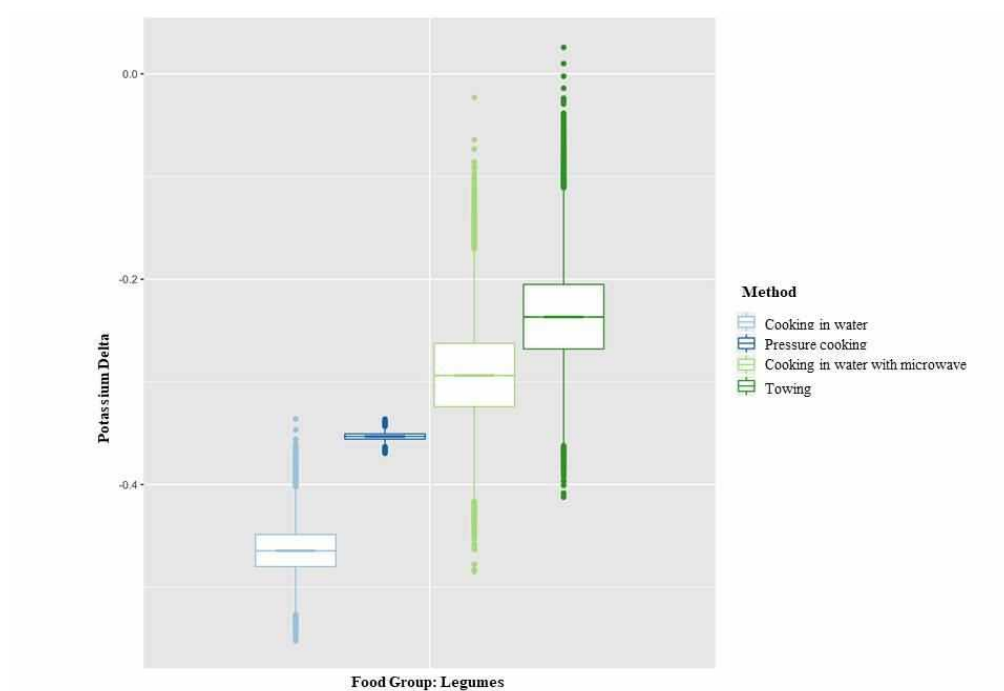


Figure 2-A. Comparison of the potassium difference with the methods found in the legumes group.

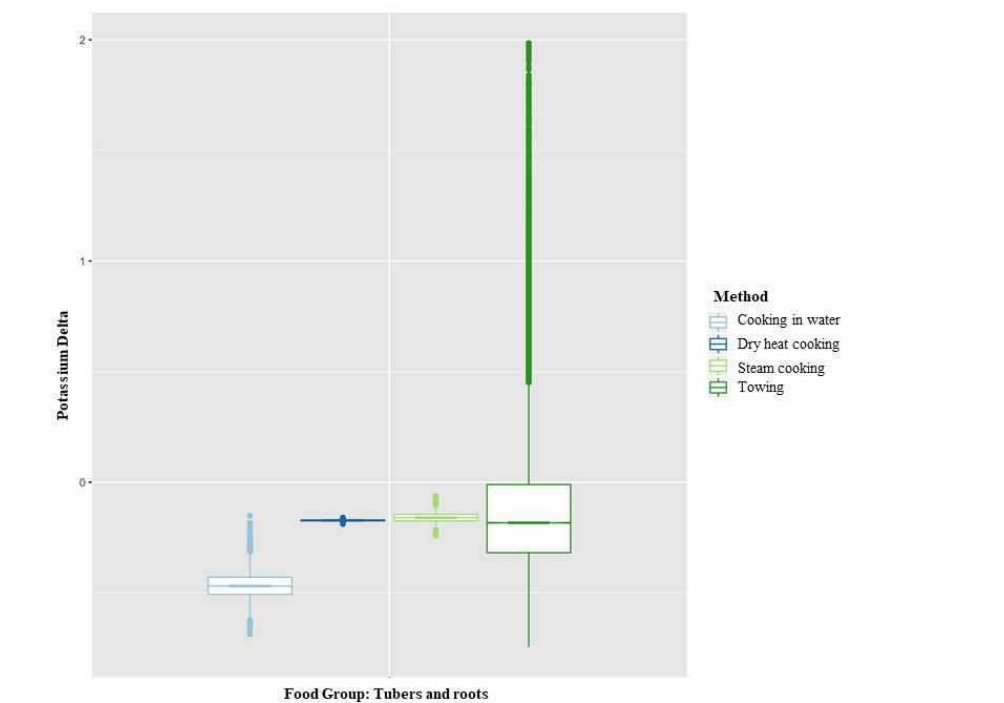


Figure 2-B. Comparison of the potassium difference with the methods found in the tubers and roots group.

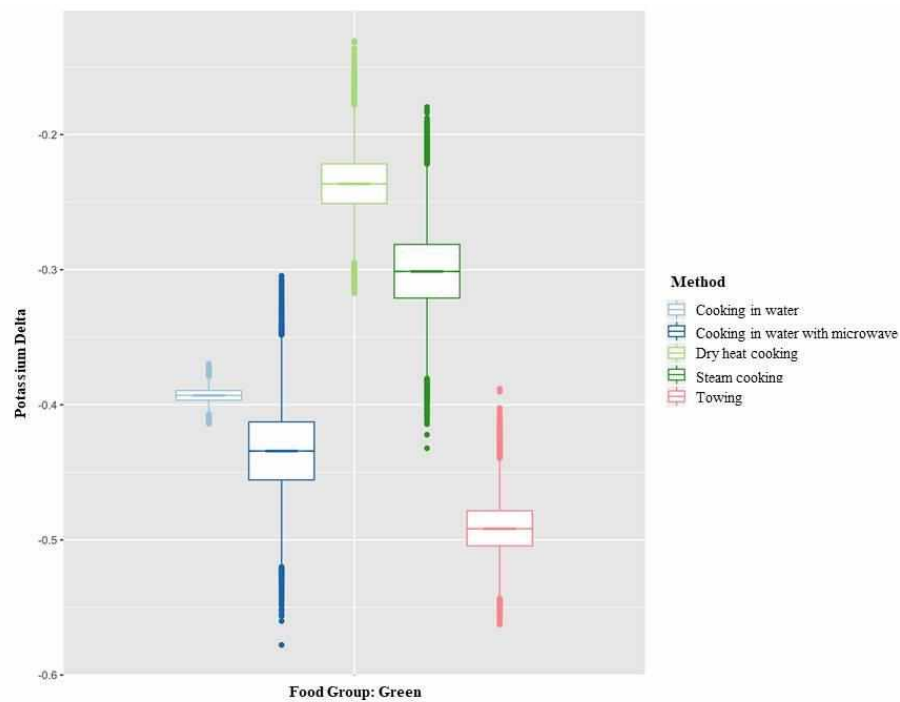


Figure 2-C. Comparison of the potassium difference with the methods found in the green group.

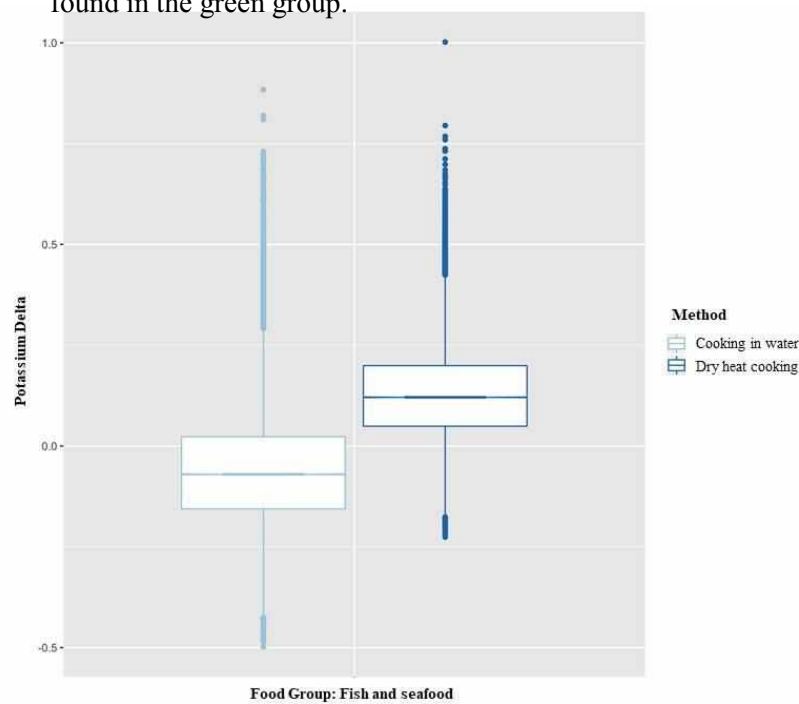


Figure 2-D. Comparison of the potassium difference with the methods found in the fish and seafood group.

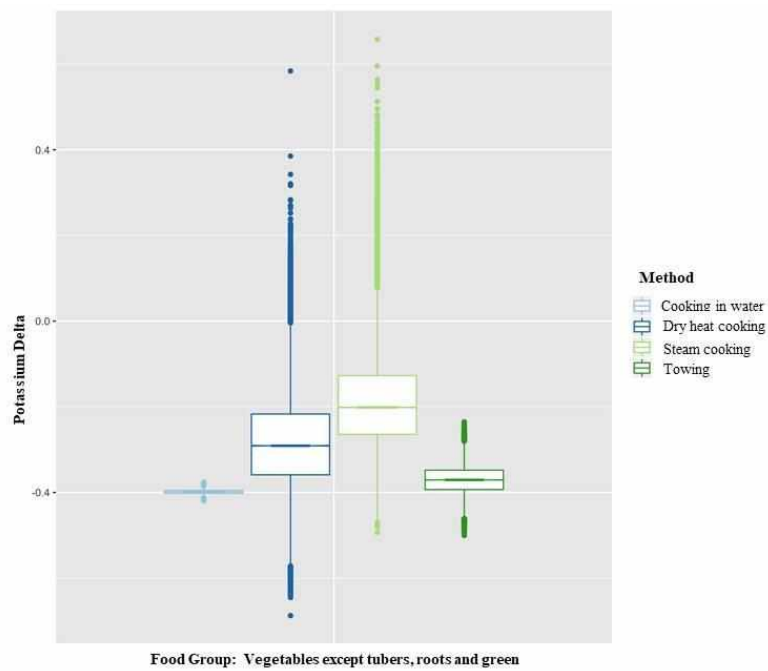


Figure 2-E. Comparison of the potassium difference with the methods found in the vegetables except tubers, roots and green group.

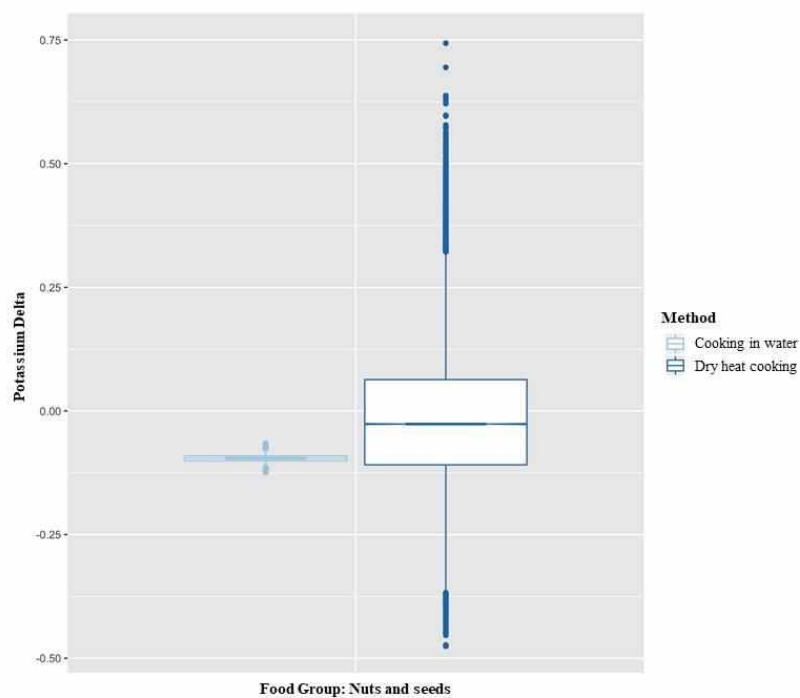


Figure 2-F. Comparison of the potassium difference with the methods found in the nuts and seeds group.

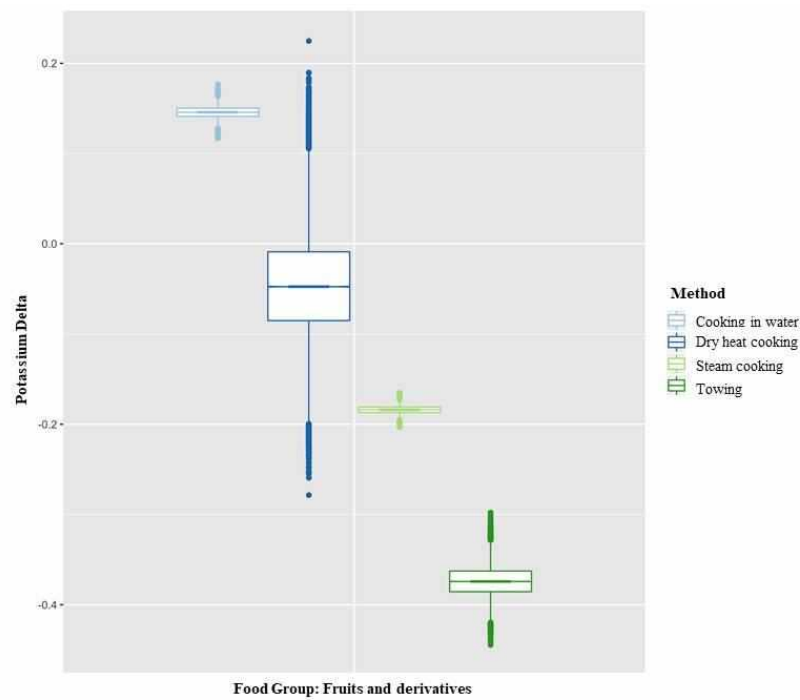


Figure 2-G. Comparison of the potassium difference with the methods found in the fruits and derivatives group.

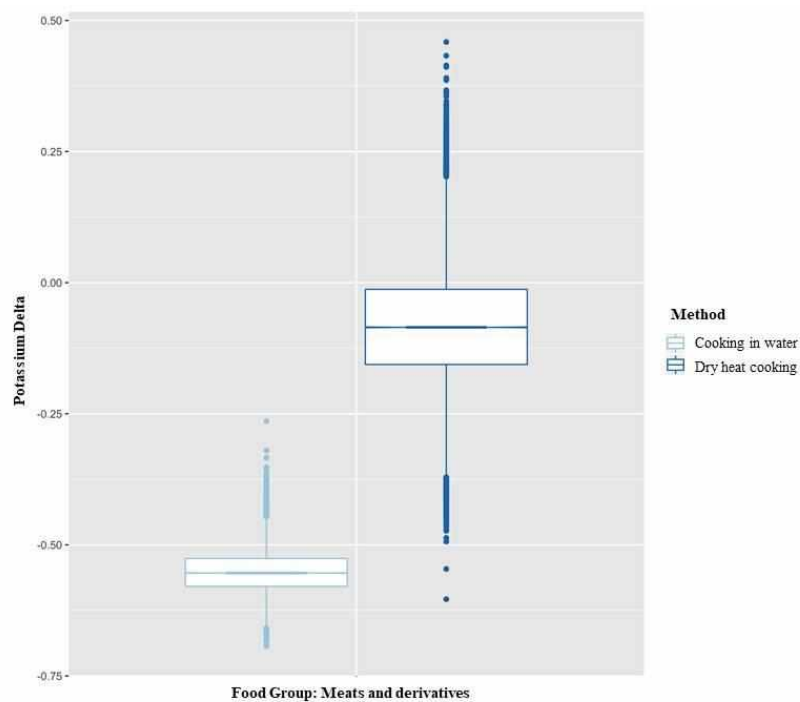


Figure 2-H. Comparison of the potassium difference with the methods found in the meats and derivatives group.

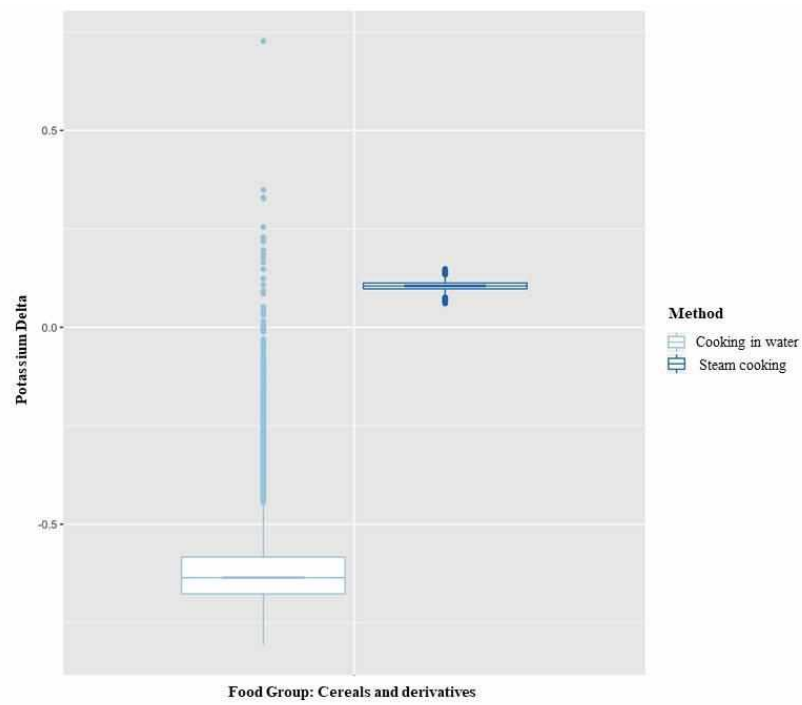


Figure 2-I. Comparison of the potassium difference with the methods found in the cereals and derivatives group.