



KIDNEY STONE DIET GUIDE:

Guidelines to help you reduce kidney stone formation

There is no single diet plan for stone prevention. Diet recommendations are based on stone type and individualized for each person.

General Recommendations

1. **Drink plenty of fluid: 2-3 quarts/day**
 - This includes most non-caffeinated fluids. Water and lemonade are especially beneficial. Coffee may be beneficial. Avoid alcohol, grapefruit juice, and soda.
 - Drink enough to produce a urine volume of at least **2.5L/day**
2. **Limit foods with high oxalate content**
 - Spinach, many berries, chocolate, wheat bran, nuts, beets, tea, and rhubarb should be eliminated from your diet intake
3. **Eat enough dietary calcium**
 - Three servings of dairy per day will help lower the risk of calcium stone formation. It is better to eat the calcium in food, rather than taking calcium pills.
4. **Avoid extra calcium supplements**
 - Calcium supplements should be individualized by your physician and registered kidney dietitian
5. **Eat a moderate amount of protein**
 - High protein intakes will cause the kidneys to excrete more calcium and cause more stones to form in the kidney
6. **Avoid high salt intake**
 - High sodium intake increases calcium in the urine, and increases the chances of developing stones
 - A low-salt diet is also important to control blood pressure.
7. **To Prevent Uric Acid Stones**
 - Cut down on high-purine foods such as red meat, organ meats, beer/alcoholic beverages, meat-based gravies, sardines, anchovies and shellfish.
 - Follow a healthy diet plan that has mostly vegetables and fruits, whole grains, and low-fat dairy products.
 - Limit sugar-sweetened foods and drinks, especially those that have high fructose corn syrup.
8. **Avoid high doses of vitamin C supplements**
 - Vitamin C is metabolized into oxalate. 60 mg of Vitamin C a day is reasonable, but intake of 1000 mg/day or more may increase stone formation