



Basic Nutrition Guidelines for Reducing Kidney Stone Formation

1) Liquids

- Drinking enough liquids each day keeps your urine ‘diluted.’ This greatly reduces the chances of forming kidney stones.
- Drink 10-12 cups of liquids each day. Water is the best source of liquids.
- Drink enough water to keep your urine clear and aim to produce ~ 2 liters of urine a day.

2) Sodium

- Avoid adding salt to your food at the table.
- Reduce the amount of salt used in cooking.
- Decrease your intake of high sodium foods:
 - Processed meats (ham, hot dogs, sausage).
 - Salty convenience foods (canned or boxed soups, noodle, rice mixes).
 - Choose unsalted pretzels, crackers, popcorn in place of salty snack foods.
- Aim to take only 2-3 grams daily.

3) Dairy Products

- Eat foods high in calcium in moderation.
- Avoid calcium supplementation *and* avoid calcium restriction.
- Aim to consume ~ 800 mg daily.

4) Avoid High Oxalate Foods:

- Anchovies
- Caviar
- Chocolate
- Tea
- Asparagus
- Meat Extracts (broth, bouillon, gravy)
- Peanuts
- Berries
- Draft Beer
- Dark Greens (spinach, beet, turnip greens)
- Organ Meats (liver, kidneys, brains)

5) Avoid vitamin C and D supplements

6) Follow a low fat, high fiber lifestyle. (fiber binds to intestinal calcium and prevents absorption)

- Limit amount of meat, fish, and poultry to ~ 5 ounces each day.
- Choose whole grain breads, cereals, and pastas and fruits and vegetables.
- Supplement your diet with wheat, soya, or rice bran.

7) Consider citrate supplementation with lemonade or lemon juice in water (inhibits stone formation)

- 4 oz of conc. lemon juice in 2L water has been shown to double urine citrate levels.