

Kidney Stone Prevention

Dietary Recommendations

Increase fluid intake

- The average person should drink between 12-16 cups of water per day. People with cardiac and renal issues should follow the advice of their specialists.
- It is best to drink enough fluids to keep your urine colorless and odorless.
- The fluid does not have to be just plain water, but that is what is best when it comes to preventing kidney stones.

Maintain a low salt/low sodium diet

- 2300 mg or less in the normal population and 1500mg or less in people with high blood pressure and other cardiovascular disease
- Higher levels of sodium in your system raises your calcium levels and decreases the citrate in the urine – increasing the risk of stones.

Eat more fresh, non-processed foods, like fruits and vegetables, fresh meats

- This is a good recommendation for anyone in general, but very important for people who are prone to making kidney stones.

In general, limit your intake of meat

- High meat intake can increase uric acid, calcium, and oxalate concentrations in the urine, which can all lead to increased risk of stone formation.
- It is recommended to only eat 6-8 oz of meat per day (inclusive of beef, pork, poultry, and seafood)

Maintain a normal dietary calcium intake

- Calcium from high calcium foods and normal dairy intake can reduce your risk of stone formation.
- It is better to get calcium from normal food sources than from supplements, as too much calcium can increase the risk of stones.

Increase your intake of citrus fruits and juices

- Citrate in these foods inhibits stone formation by binding to calcium, which makes it unable to bind with oxalates and form stones.
- Lemon and lime have been proven to be best sources of citrate, followed by oranges and then grapefruits.

Decrease the amounts of foods that are high in a substance called oxalate. Oxalate is a naturally occurring substance found in a wide variety of foods. Examples:

Spinach and other greens
Berries
Rhubarb

Beets
Chocolate
French Fries

Nuts and nut Butters
Soy Products