


Diet For Kidney Stone Prevention



- ▶ Kidney stones are hard deposits that form inside your kidneys. Stones can cause an infection or a blockage.

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The following tips can be used to help you reduce your risk of kidney stones.

There are different types of kidney stones. Calcium oxalate stones are the most common. Other stones may be made up of uric acid, cystine, struvite, or phosphate. Ask your doctor what type of kidney stones you have.

 **A 24-hour urine collection is the best way to give your health care team the information needed to help you manage your kidney stones.**

TIP#1: DRINK MORE FLUIDS



Drinking enough fluids dilutes your urine and reduces your risk of kidney stones. ***This is the most important step you can take.***

- **WATER** is best!
- Limit high sugar drinks like pop, juice and iced tea.
- Drink 2.5 - 3 Litres (10 - 12 cups) of fluid per day.
- The goal is to have at least 2 Litres of urine output per day.

TIP#2: LIMIT FOODS HIGH IN SALT



Too much sodium (salt) from foods can cause calcium to build up in your urine, leading to new stones.

- Season food with lemon or herbs, spice blends (garlic, ginger, rosemary), and oils (chili-infused, sesame, olive).
- Cook fresh foods at home and limit restaurant meals and processed foods.
- Read labels. Look for less than 10 - 15% Daily Value (DV) per serving.
- Limit sodium to 2300mg per day.

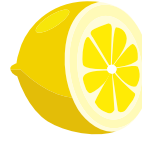
TIP#4: EAT MORE PLANT-BASED PROTEINS



Animal protein increases both calcium and acid in the urine which can increase your risk of kidney stones.

- When you have animal protein such as meat, poultry or fish, keep the portion to 3 ounces or 90 grams.
- Choose plant-based protein sources more often such as lentils, peas, beans, tofu, unsalted nuts and seeds.

TIP#3: INCREASE CITRATE



Citrate reduces kidney stone formation. It increases the pH of the urine. This is helpful for those with oxalate, uric acid, and cystine stones.

- Have 125ml (1/2 cup) of fresh or concentrated lemon juice daily. Add to your water or use in cooking and sauces.
- Drink with a straw to protect your teeth.
- Eat at least 5 servings of fruits and vegetables to increase citrate levels.

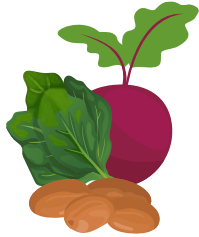
TIP#5: EAT FOODS HIGH IN CALCIUM



You need 1000mg of calcium daily to reduce oxalate absorption from foods.

- If you have high urine oxalate or have had calcium oxalate stones in the past, the **best way** to lower oxalate is to meet your calcium needs.
- Get your calcium from the following foods: milk or milk alternatives (soy, coconut, cashew, oat), cheese (swiss, ricotta, fresh mozzarella), yogurt, kefir, sardines and canned salmon with bones.
- Calcium supplements can increase your risk of forming stones.

TIP#6: LIMIT FOODS HIGH IN OXALATE



If you have high urine oxalate or calcium oxalate stones, limit foods high in oxalate.

- Foods high in oxalate include spinach, almonds, navy beans, potatoes with skin, rhubarb, wheat bran and beets.
- When you eat high oxalate foods, eat a high calcium food at the same time to limit how much oxalate your body absorbs.

TIP#7: ASK ABOUT SUPPLEMENTS



Some supplements can increase stone formation. Always discuss supplements with your dietitian.

- **Avoid** vitamin C supplements and choose fruits and vegetables more often.
- **Avoid** turmeric supplements due to high oxalate content. Speak with your dietitian about other supplements.

**These are general guidelines and may need to be modified.
Please speak with your dietitian.*