



- Foods high in purines that should be avoided are game meats, organ meats, sardines, scallops, herring, anchovies, crawfish, shrimp, gravies, sausage, bacon, excess red meat.

III. Calcium Intake

- Calcium intake is important for maintaining bone strength. Oxalate concentration (another component of stones in your urine), can be increased by limiting too much calcium in your diet.
- You should eat at least 1,000 mg of calcium each day (1 cup milk - 250 mg, 2 oz. cheese - 150-200 mg). This is approximately four dairy servings per day. Recent studies have shown that in most stone formers it is preferable to obtain calcium from your diet rather than from calcium tablets.

I. Salt Intake

- Excess salt in your diet will increase calcium excretion and concentration in the urine.
- Only lightly salt your food when cooking, do not salt after food is prepared. Avoid very salty foods such as bacon, sausage, canned soup, fast foods, processed meats and condiments.

II. Purine/Acid Ash Intake

- These are foods that contain a substance that increases uric acid excretion in the urine. This acid can lead to both calcium and uric acid stone formation.

IV. Oxalate

- Oxalate is "the other half" of the majority of calcium oxalate kidney stones.
- Oxalate concentration is high in black tea (not herbal teas), chocolate, rhubarb, greens (beet, collard, dandelion, kale, mustard, turnip and chard), eggplant, green pepper, summer squash, peanuts, pecans and sweet potatoes. You should

Spinach

limit your iced tea intake to one glass per day if you have calcium oxalate stones.

- Vitamin C is converted to oxalate in the urine. You should limit Vitamin C intake to 500 mg per day.

V. Fluid Intake

- It is important to drink two or three quarts of fluid per day. Your urine should always appear diluted and pale yellow in color. If it is dark yellow, this means you are not drinking enough fluid.
- Helpful hints to incorporate enough water/ fluid are as follows:
 1. Keep a large container of water on your desk or in your car at all times. Make this a part of your routine similar to carrying your wallet or purse.
 2. When you wake up at night to urinate, always drink a glass of water before returning to bed.
 3. All juices, Crystal Light® and flavored waters are excellent alternatives to water.

For The Patient
With Kidney Stones

Dietary Dos and Don'ts

