

NUTRITION KEYNOTES

Dietary Guidelines for Kidney Stones



Goal: To decrease the risk of developing kidney stones.

Choose More Often

Liquids: The most important thing you can do is drink liquids, **especially water**. Drink 14 eight-ounce glasses every day. Drink enough liquids so that your urine is pale yellow or clear.

- **Best choices:** Water, lemonade.
- **Other choices:** Caffeine-free coffee and tea, citrus fruit juice such as orange juice.

Dairy: Have 2 to 3 servings of dairy a day distributed evenly among meals and snacks. Consuming less dairy may increase stones. (1 serving = 1 cup of yogurt or milk, or 1½ ounces of cheese)

Choose Less Often

Animal protein (especially meat, poultry, or fish): Limit the amount you eat each day based on your body weight. If you weigh 100 to 150 pounds, eat 5 ounces daily; 150 to 200 pounds, eat 7 ounces daily; 200 pounds or more, eat 9 ounces daily. Eating too much protein can increase calcium, oxalate, and uric acid in the urine, all of which can cause kidney stones.

High-protein drinks: Limit high-protein sports or energy drinks, protein supplements, and other drinks fortified with protein.

Salt and sodium: Limit high-sodium foods, such as bacon, sausage, hot dogs, lunch meats, cheese, olives, pickles, and salted snack foods, such as chips, crackers, pretzels, or nuts. Eat fewer canned or packaged convenience foods, such as soup. (Frozen convenience meals with less than 500 mg of sodium **per meal** are okay.)

Eat more fresh foods. Instead of salt or seasonings containing salt or sodium, use fresh lemon, herbs, or spices. Limit fast food and restaurant meals.

Supplements: Do not take calcium, vitamin C, or vitamin D supplements in amounts greater than 100 percent of the Recommended Dietary Allowance (RDA). If you are eating 2 to 3 servings of dairy each day, do not take a calcium supplement.

Additional Guidelines

If you have been told you have **calcium oxalate stones**, avoid nuts, peanut butter, chocolate, tea, spinach, rhubarb, beets, swiss chard, okra, beans, soy products, wheat bran, strawberries, cranberries, and cranberry products.

If you have been told you have **uric acid stones**, avoid sweetbreads, liver, kidney, brains, meat extracts, meat broth, gravy, anchovies, sardines, herring, mackerel, and scallops.

If you drink alcohol, have no more than 4 to 8 ounces a day (less if medically indicated).

For more information, please contact your registered dietitian or local Health Education Department.

References: *Annals of Internal Medicine* 128, no. 7 (1998): 534–540; *Manual of Clinical Dietetics*, 6th Edition, 2000.