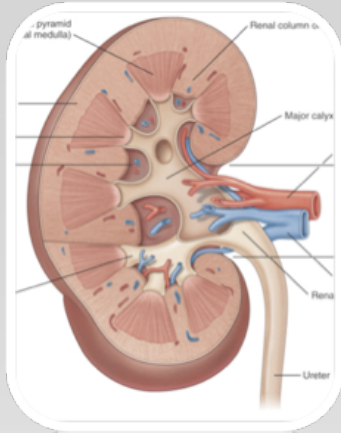


Kidney Stone Diet Guidelines



Basic steps to reduce your risk of kidney stones

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1. Increase your fluid intake to 2-3 liters a day (**around five 16 oz water bottles**).
 - a. Most kidney stone formers have to **increase their fluid intake by at least one liter**.
 - b. The fluid **does not have to be plain water**.
 - c. Adding **60ml of concentrated lemon juice to 1 liter of water** and drinking this in addition to your daily normal fluid intake will help you meet your intake goal and will also help you increase your urinary **citrate**, a natural stone inhibitor.
2. **Avoid too much meat intake**. The meat protein increases your risk of forming stones.
3. **Keep your salt intake moderate to low** (don't add excessive salt to your food). High salt intake can increase your risk of stones.
4. For certain patients, high oxalate from certain foods increase the risk of stones but **for most patients, a normal amount of these foods is ok**. We only recommend reducing oxalate rich foods to people who are found to have high oxalate levels in their urine on testing. (These foods include green leafy vegetables (spinach, rhubarb, chard), chocolate, nuts, berries, instant coffee, tea, sweet potatoes, and beets)
5. **Do not take excessive vitamin C supplements**, which can cause your urine to be more acidic and increase your risk of stones.
6. **For most people, keep a normal calcium intake**. You generally don't have to restrict normal dairy intake or stop calcium supplements, especially if you are an older woman.

Notes & Facts

These suggestions are useful for most people forming stones. Some patients will require additional evaluation and/or medications to decrease their risk of forming more stones, depending on their situation.

About 1 in 10 people will form stones during their lifetime. Men are at higher risk than women. About 50% of people who form a stone will form another stone within five years. Changing your diet will decrease this by roughly one half for most patients. Additional benefit is gained with medications for certain patients at high risk of recurrence.