



# Diet to Prevent Kidney Stones

## Drinking Fluids is the Most Important Part

Urine dissolves crystals that can form kidney stones.

Your doctor has prescribed that you drink \_\_\_\_\_ Liters (34 oz per Liter) each day.

- Any fluid except tea or soda will do.
- Lemonade is particularly good at preventing stones.

## Reduce the Salt in Your Diet

Sodium drags stone-forming electrolytes into your urine. Your doctor will recommend that you do one or more of the following dietary changes involving sodium.

- No added salt
- Avoid high-sodium foods (Potato Chips, Pretzels, Pickles, Pizza, Preserved Meats, Peanuts)
- Limit your sodium to less than \_\_\_\_\_ mg per day.

## Avoid Foods That Have a Lot of Oxalate

Oxalate is found in many foods and is a component of most kidney stones. Avoid these high-oxalate foods (more than 10 mg per ½ cup serving) or eat them in moderation.

Beans (string, wax)	Spinach	Grits (white corn)	Soy products (tofu)
Baked beans	Swiss chard	Instant coffee	Spinach
Beets	Beet greens	Leeks	Starfruit
Blackberries	Endive, escarole	Nuts & nut butter	Strawberries
Carob powder	Parsley	Okra	Summer squash
Celery	Draft beer	Peel: lemon, lime, orange	Sweet potatoes
Chocolate/cocoa	Fruit cake	Raspberries (black)	Tea
chocolate drinks	Eggplant	Red currants	Wheat bran
Dark leafy greens	Gooseberries	Rhubarb	Wheat germ

## When Diet Doesn't Work to Prevent Kidney Stones

Most of the time, drinking more fluids and eating less sodium and oxalate will prevent getting another kidney stone. If diet doesn't work, your doctors may suggest medication that can help along with diet.

If you have other questions, be sure to ask your doctor. The Walter Reed Pediatric Nephrology service can be contacted 24/7 by email ([renal@nccpeds.com](mailto:renal@nccpeds.com)), by RelayHealthm or by pager/cell at 61KIDNEY62 (615-436-3962).