

# The Stone Diet

Most kidney stones in the U.S. are composed of calcium and oxalate. These are both found in a typical diet. If you form kidney stones, then it is important to limit the intake of both of these.

Remember also that the most important thing that you can do to limit the formation of new kidney stones is to consume adequate amounts of water. Besides water, juices high in citrate are also very helpful for limiting new stone formation (lemon juices have the highest concentration of citrate).

If you have a tendency to form kidney stones, you should consume approximately 2 liters of water (or citrate containing juices) daily. *Think of the size of a 2 liter bottle of soda!*

Another source of calcium in the urine (where it can form new stones) is sodium (SALT). When your kidney excretes excess dietary sodium into the urine, it excretes calcium along with it. So...excess salt will increase the risk of stone formation. (All prepackaged food contains extra sodium)

It is very difficult for a person to completely alter their diet or to completely eliminate certain food groups. **So, the key is moderation!** (Except for your fluid intake!) If you have a tendency to consume excesses of any of the following, it is important to exercise **moderation** from now on in an effort to limit new kidney stone formation.

Calcium: mostly found in dairy products including milk, cheeses, and ice cream. Calcium is also present in large quantities in many vitamins and supplements.

Oxalate: dark green leafy vegetables, tea, coffee, nuts, chocolate, rhubarb, beer, concord grapes/juice, asparagus, beets and raspberries. Vitamin C can be converted in the body to oxalate and should not be taken in large doses.

Protein: increases uric acid, calcium, and oxalates in the urine and reduces citrate.

Summary: 2 liters of water daily, add citrate, low salt, low protein, don't over do oxalate or calcium (remember moderation).

*Although not a complete list, the above information is intended to help you make dietary changes that may reduce the formation of new kidney stones. Not all kidney stones are made of calcium and oxalate. Check with your doctor about the type of kidney stone that you have had.*