

# KIDNEY STONE PREVENTION THROUGH DIETARY CHANGES

Depending on the type of kidney stone, changing your diet may help reduce your risk of forming new stones.

## **If you have calcium oxalate stones (most common):**

- Avoid high oxalate foods. Examples include avocado, oranges, grapefruit, canned or dried pineapple, rhubarb, beets, spinach, potatoes, Swiss chard, tofu, almonds, peanuts, bran, chocolate.
- Eat more calcium: Milk, yogurt, cheese. Calcium is not the main cause of calcium oxalate kidney stones. In fact, a diet low in calcium actually increases your chances of stones. Aim for 1000-1200 mg/day.
- Reduce sodium. Aim for no more than 2,300 – 3,300 mg/day. The average person with stones consumes twice this amount. Canned foods, deli meats, and restaurant foods tend to be high in sodium.

## **If you have uric acid stones:**

- Cut down or eliminate red meat, organ meat, shellfish, sardines, anchovies, beer/alcohol, and beverages with high fructose corn syrup.
- Eat more fruits, vegetables, whole grains, and low-fat dairy.

## **All stone types:**

- Don't exceed 60 mg/day of vitamin C. Most supplements have much more.
- Watch your protein intake. Too much protein causes kidneys to excrete more calcium than usual, reducing the amount of calcium your body needs and potentially causing stone formation.
- Drink plenty of water: 10-12 cups a day. Frequent urination helps avoid kidney stones. If your activities cause you to sweat a lot, drink even more water.
- Citrate prevents stones by binding to calcium in the urine. Adding lemon or other citrus juices to your water and diet can help prevent stones.



**For more diet details, visit:**  
[litholink.labcorp.com/resources/diet-resources](https://litholink.labcorp.com/resources/diet-resources)



## HOW WE TREAT KIDNEY STONES

We know that kidney stones can be extremely painful. That's why we invest in the most advanced, immediate care, including:

### **Lithotripsy**

Shock waves break stones into tiny pieces that can pass through your urinary tract with your urine.

### **Stone Aspiration Removal**

A vacuum device that fragments, irrigates, and removes kidney stones and dust in a single procedure.

### **Percutaneous Nephrolithotomy**

Removes kidney stones through a small incision in your back with the aid of a tiny camera.

### **Ureteroscopy**

Your urologist inserts a tiny ureteroscope into your urinary tract to see and remove the stone(s).

## We are not a fan of the Stones!

If you're suffering from a kidney stone right now, help is available.

Go to [urologygroup.com](http://urologygroup.com) and click "Get Help Now" on the home page.

