

# DIETARY RECOMMENDATIONS FOR CALCIUM OXALATE KIDNEY STONES

**High FLUID INTAKE is the starting point of prevention of all forms of kidney stones.**

Try to drink enough fluid (water, lemonade, diet juices, etc.) to make at least two liters of urine every day. It is helpful to measure your daily urine output to understand how much fluid you need to drink.

**CALCIUM is important in your diet.**

Unless prescribed by a healthcare provider for other reasons, the recommended amount of calcium per day is 1000 to 1500mg. Restricting calcium is not recommended, as this will increase your risk for kidney stone formation. Likewise, intake of very large quantities of calcium may increase your risk for kidney stone formation. It is best to get as much as you can from dietary sources, typically dairy products, where one glass of milk (8 oz.) provides about 300mg of calcium or about 25 percent of the daily calcium requirement.

If calcium supplements are needed to reach the recommended intake, the preferred form of calcium is calcium citrate, though other forms (like calcium carbonate) are also effective. Any calcium supplements should be taken with meals to simulate dietary sources.

**Foods containing large amounts of OXALATE should be avoided.**

The following foods contain very high levels of oxalate and should be severely restricted in your diet

- Beets
- Rhubarb
- Dark green leaves (spinach, endive, collards, chard, dandelion, escarole, pokeweed, parsley, etc.)
- Wheat germ
- Soybean meal/curd (Tofu)
- Chocolate
- Cocoa
- All nuts (peanuts, peanut butter, almonds, cashews, pecans, etc.)
- Tea

*Solid green vegetables, like broccoli and asparagus, are not high in oxalate. A more extensive list of oxalate contents of a wide variety of foods is available on request.*

**Limit your PROTEIN intake to two servings per day.**

Particularly limit red meat since high protein diets favor stone formation. A serving of protein is as big as the palm of your hand.

**Increase your FRUIT and vegetable intake.**

These foods will help increase urine citrate levels, which decreases stone formation.

**Limit your SODIUM intake to less than 1500mg per day.**

High salt diets may favor kidney stone formation.

**Other suggestions:**

A daily multivitamin may be taken without concern, although the calcium in the vitamin needs to count towards your daily target of 1000 to 1500mg per day.

Excess vitamin C supplements should be avoided, as vitamin C can increase kidney stone formation.