

## DIETARY RECOMMENDATIONS For Patients with “Kidney Stones”

Regardless of the type of “kidney stones” you have—

- 1) Drink plenty of fluids during each meal and for every 1-2 hours throughout the day. Water is best. Your goal is to drink 2 ½ to 3 litres every day and to put out at least 2 litres of urine per day.
- 2) Limit red meat, fish and poultry to 6-8 oz per day.

If you have **Calcium Oxalate Stones**, reduce or avoid foods in the following list:

### High Oxalate Content Foods

*Vegetables*

asparagus  
beets  
greens  
spinach  
sweet potato

*Fruit*

concord grapes  
cranberries  
currants  
plums  
citrus fruit & citrus juices  
rhubarb

*Miscellaneous*

wheat germ  
tea  
cocoa (includes chocolate)  
gelatin  
nuts - almonds, cashews, peanut butter

### Moderate Oxalate Content Foods

*Vegetables*

beans  
brussel sprouts  
tomatoes  
potatoes

*Fruit*

pineapple  
strawberries

### Remember:

- Avoid cola beverages (soda, pop). Sprite®, 7-Up® and ginger ale are suitable.
- Avoid decaffeinated or instant coffee. The processing converts the coffee’s glycolate to oxalate.
- Do not eat large quantities of curry powder and/or Worcestershire sauce—in some people, they can cause a problem in how the tubules in the kidney work.
- You don’t need to buy a water purifier or bottled water—ordinary tap water is fine. Don’t worry about water hardness.

If you have **Uric Acid Stones**:

- Avoid meat organs (liver, kidney, sweetbreads) and sardines.