

Recommendations for Preventing Kidney Stones

- Fluids are the mainstay of therapy
- Maintain adequate fluid intake to produce at least 2 liters (1/2 gallon) of urine per day
- Avoid well water
- Avoid Grapefruit Juice
- Limit cranberry juice to 8oz a day
- Decrease intake of animal protein (hamburger, beef, chicken)
- Modest sodium restriction of less than 4grams a day.

DO NOT USE SALT SHAKER

- Increase dietary potassium intake from fruits and vegetables
- Maintain recommended daily allowances of calcium
- Calcium and oxalate intakes should be balanced
- Avoidance of Vitamin C is not necessary
- May use skim milk as a dietary source of calcium

May be beneficial

- Increase dietary vegetable fiber
- Take calcium supplements with food
- Vitamin b6 supplements may be beneficial to women
- Liberalize diet with foods high in fish oils (EPA)
- Avoid diets excessive in carbohydrates
- Limit sodas acidified with phosphoric acids (dark colas)
- Increase hydration with mineral water (high calcium)