

General Dietary Recommendations to Decrease Kidney Stone Formation



For more information or to
schedule an appointment,
please call:

Erlanger Medical Mall
423-778-5910

Erlanger East Hospital
423-778-8478

Two Northgate Park
423-778-6941

DRINK PLENTY OF WATER.

Drink 2.5 to 3 liters (85
100 oz.) of fluid daily. Buy
a water bottle with fluid
measurements on it to help you
keep track. Drinking lemonade
or Crystal Light is also good, but
water is best.

Decrease your sodium (salt) intake.

Don't add salt to your food and avoid
processed or prepared foods that have
high sodium content. Limit your sodium
intake to less than 2,000 mg daily.

Eat more fresh fruits and vegetables. These
contain citrate, magnesium, and potassium
which help inhibit kidney stone formation.

Decrease your animal protein intake (including
red meat, pork, poultry, and fish). Limit this to
one 6-8 oz. serving per day or less.

Decrease your oxalate intake. 80% of all kidney
stones are made of calcium oxalate. Some high
oxalate foods include spinach, swiss chard,
tea, rhubarb, nuts, chocolate, beets, and bran.

Make sure you get enough calcium. You
should try to consume 1,000-1,200 mg of
calcium daily. That's about 2-3 servings
a day (examples: milk, cheese, kale
yogurt, sardines, fortified orange
juice, and soy beans).