

KIDNEY STONE PREVENTION



1. Hydrate!

Try to drink >2L of water per day. Adding squeezed lemon or citrus juices can also decrease your stone risk.



2. Limit salt intake

Decreasing sodium intake can also decrease your stone risk. Limit your intake to 1500mg of sodium per day.



3. Cut back on animal protein

Eating a large amount of red meats can increased your uric acid stone formation.



4. Limit oxalate rich foods

Examples: rhubarb, spinach, beets, Swiss chard, soy, nuts & seeds, okra, chocolate, black tea, and beans.



5. Have a healthy diet!

Eat plenty of fruits and vegetables with a moderate amount of lean meats, whole grains, and low-fat dairy

MYTH: Avoid calcium.

You must have calcium in your diet to prevent stones