Tips for Preventing Kidney Stones

Kidney stones form when the concentration of components in the urine reaches a level in which crystallization can occur. There are several kinds of kidney stones, so their treatment can differ; however, there are some general diet guidelines that may help prevent further stone formation.

**HYDRATION**
Drink 12 - 14 8 oz cups of water per day.

**CITRUS JUICES**
Don’t shy away from citrus juices - They increase levels of citrate in your urine which helps stop the formation of kidney stones.

**AVOID OXALATE**
Avoid foods high in oxalate if you’re prone to oxalate stones. Examples: rhubarb, spinach, beets, Swiss chard, wheat germ, soybean crackers, peanuts, okra, chocolate, black Indian tea, and sweet potatoes.

**EAT LESS SALT**
Eat only 1500 mg of salt a day. Eating too much salt can lead to excess calcium in your blood stream.

**CUT BACK ON ANIMAL PROTEIN**
The breakdown of proteins in meat forms uric acid and can lead to uric acid stones.

**HEALTHY DIET**
Eat moderate lean meats, whole grains and low-fat diary and plenty of fruits and vegetables.

For more information on Kidney Stones, please visit our website, www.urology.urmc.edu, or talk to your physician about a referral. Please call 1-877-517-8663 for additional information, or to make an appointment.