

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 dairy 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.