



# DIETARY TIPS

## for Preventing Kidney Stones

If you have had one kidney stone, chances are you could have another. However, there are things you can do to prevent a future attack. One of the easiest is to follow a diet low in oxalates – a naturally occurring substance found in a variety of plants and made in your body. An oxalate-restricted diet alone does not prevent stones, but since oxalate-containing foods increase the amount of oxalate in your urine, if you have these types of stones, it can help.

### **Factors that may cause stones to form:**

Dehydration: drinking at least 8 cups of water per day is recommended. Your urine should be clear and light. If it isn't, drink more water.

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A low intake of calcium rich foods

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A high intake of oxalate foods

A high sodium or salt intake

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A high intake of protein rich foods such as meat

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Taking too much vitamin C, which our bodies turn into oxalate. The recommended dietary allowance (RDA) is 75 mg for females and 90 mg for males.

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Intestinal disease or resection

### **Will drinking milk cause me to form kidney stones?**

No. That is a common myth, not supported by research. A high-calcium diet actually may decrease the absorption of oxalate, making stones less likely to form.

### **Foods very high in Oxalate (>10mg/serving) to be avoided:**

Beer	Eggplant	Peanut butter	Swiss chard
Beets	Fruit cocktail	Pepper (>1 tsp./day)	Tea
Blueberries	Green beans	Raspberries	Tomato soup
Chocolate	Kale	Rhubarb	Wheat germ
Cocoa	Nuts (esp. peanuts/ pecans)	Spinach	
Collard greens		Strawberries	
Concord grapes	Ovaltine	Sweet potatoes	

### **Foods moderately high in Oxalate (2-10 mg/serving) in moderation:**

Apples	Corn	Lettuce	Pears
Broccoli	Figs	Lima Beans	Pineapple
Brussel sprouts	Juices (orange, tomato, grape)	Oranges	Sardines
Cola beverages		Parsley	Tomatoes

**IF YOU HAVE A KIDNEY STONE ATTACK**, you no longer need to wait to see a urologist and receive treatment. The Kidney Stone Center of Charleston is available for fast relief whether you come from home, your doctor's office or the ER.

### **WALK IN OR CALL (843) 531-OUCH (6824)**

Roper Hospital, 316 Calhoun Street • 8:30 a.m. – 4 p.m., Monday – Friday



[www.rsfh.com/kidneystone](http://www.rsfh.com/kidneystone)