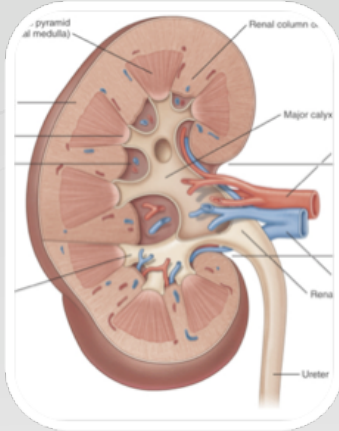


# Kidney Stone Diet Guidelines



## Basic steps to reduce your risk of kidney stones

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1. Increase your fluid intake to 2-3 liters a day (**around five 16 oz water bottles**).
  - a. Most kidney stone formers have to **increase their daily fluid intake by one liter** (two water bottles or two tall glasses of water).
  - b. The fluid **does not have to be plain water**.
  - c. Adding **60ml of concentrated lemon juice to 1 liter of water** and drinking this in addition to your daily normal fluid intake will help you meet your intake goal and will also help you increase your urinary **citrate**, a natural stone inhibitor.
2. **Keep your salt intake low** (Less than 2300 mg a day. About 1 teaspoon of table salt). High salt intake can increase your risk of stones by raising calcium and lowering citrate urinary levels.
3. **Avoid too much meat intake**. (Less than 6 oz a day. This includes beef, poultry, pork, and seafood). Protein intake causes an increase in uric acid, calcium, and oxalate concentrations in urine, all of which can lead to an increase in stone development.
4. **Keep a normal calcium intake**. You don't have to restrict normal dairy intake or stop calcium supplements, especially if you are a woman who is taking them for osteoporosis prevention. Reducing calcium actually increases the risk of stones in most patients.
5. For certain patients, high oxalate from foods increases their risk of stones but **for most patients, a normal amount of these foods is ok**. We only recommend reducing oxalate rich foods in patients who are found to have high oxalate levels in their urine on testing. (These foods include spinach, rhubarb, chard, chocolate, nuts, berries, instant coffee, tea, sweet potatoes, and beets)

For more on information on kidney stones and prevention, visit [www.kidneystoner.org](http://www.kidneystoner.org)