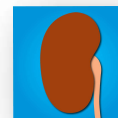


# Basic Steps to Reduce Your Risk of Kidney Stones



1. **Drink more fluids.** Most kidney stone formers should **increase their fluid intake by one liter each day** (two water bottles or two tall glasses of water – about 34 fluid ounces).
  - a. Make fluid **always available** by **carrying a water bottle with you**.
  - b. The fluid **does not have to be plain water**.
  - c. Try to drink enough to **keep your urine clear and colorless**
2. **Keep your salt intake low to moderate.** A high salt intake increases risk of stones by raising calcium and lowering citrate urinary levels. Aim for 2300mg or less of sodium a day.
3. **Eat less meat.** A high meat intake causes an increase in uric acid, calcium, and oxalate in urine, all of which lead to an increase in stone development. Aim for 6 ounces or less of animal meat a day (including beef, pork, chicken, and seafood).
4. **Eat more fruits and vegetables.** Fruits and vegetables will increase your urinary citrate (a potent kidney stone preventer) and are also a great way to increase your fluid intake if have a hard time drinking enough water.
5. **Keep a normal dietary calcium intake.** Calcium from dairy or other high calcium foods can actually reduce your risk of stones. In contrast, calcium supplements (in pills) can slightly increase your risk of stones and therefore getting your calcium intake from your diet is preferred.
6. For certain patients, high **oxalate** intake from foods increases their risk of stones but **for most patients, a normal amount of these foods is ok.** (These foods include spinach, rhubarb, chard, beets, nuts, and sweet potatoes)



**Sodium: We recommend that stone formers aim to follow the FDA's guideline of limiting salt intake to 2300 mg of sodium a day in the general population and 1500 mg of sodium a day in those with hypertension, African Americans, or middle aged and older adults. 2300 mg is equivalent to about 1 teaspoon of table salt.**

The best way to determine the salt content of your food is to read the nutrition label. Processed foods tend to contain higher amounts of salt. Choose low sodium options whenever possible.

- 1 cup of canned chicken noodle soup contains 870 mg of sodium
- A fried chicken drumstick contains 310 mg of sodium
- A serving of shrimp contains 240 mg of sodium
- 2 slices of white bread contains 200 mg of sodium
- 15 potato chips contain 180 mg of sodium
- 1 container of strawberry yogurt contains 85 mg of sodium
- 1 tomato contains 20 mg of sodium

In addition to lowering the risk of stones, a low sodium intake helps to control or prevent high blood pressure, which can lead to heart disease, stroke, heart failure, and kidney disease.

**Protein: We recommend that most stone formers try to reduce their meat intake to 6 oz a day. This includes all types of meat: beef, pork, poultry, and seafood.**

The USDA has recommended a daily allowance of 5-6 oz of protein intake among adults. They also recommend choosing non-meat protein foods such as nuts and beans instead of meat sources. Protein from non-meat sources does not appear to increase the risk of stones.

- A small steak contains about 3-4 oz of protein.
- A quarter pound hamburger with cheese contains 4 oz of protein.
- A chicken breast contains about 5 oz of protein, a chicken thigh about 2.5 oz, a chicken drumstick about 1.5 oz.
- One 5 oz can of tuna contains 5 oz of protein.
- 1 medium egg contains 1 oz of protein.

Lowering your animal protein intake and eating more fruits and vegetables also benefits your overall health by limiting the amount of saturated fats and cholesterol in your diet. This helps to reduce your risk of cardiovascular disease.