

Preventing Calcium Oxalate Kidney Stones

The most common type of kidney stones consist of calcium oxalate. You can lower the risk of developing these stones by drinking enough fluids, getting the right amount of calcium, and maintaining a healthy diet and weight.

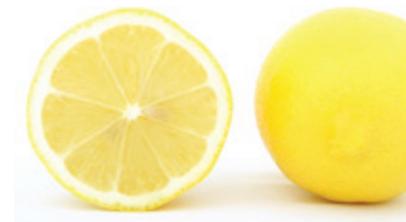
How Can I Prevent Calcium Oxalate Kidney Stones?

Nutrition therapy is individualized according to each person's specific needs and risks. Here are some of the most common ways to prevent calcium oxalate kidney stones.

What to Drink and Eat

Water, water, water. The best way to prevent kidney stones is to get plenty of water. You should drink 8 to 16 cups daily, at least 64 ounces. If you are on dialysis or have a fluid restriction, ask your registered dietitian nutritionist (RDN) or physician what the right amount of fluid is for you.

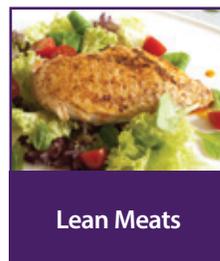
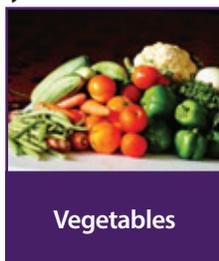
Calcium rich foods and beverages. Aim for 1000-1500 milligrams (mg) of daily calcium. Milk, yogurt and canned salmon are good choices and offer 200 to 300 mg of calcium. Try to include a good source of calcium at each meal.



TIP: When you drink water, add two ounces of fresh lemon or lime juice. This can help prevent stones from forming.



Fruits, Vegetables, Low-fat Dairy, Whole Grains, and Lean Proteins. A balanced eating plan is one of the best ways to promote health and prevent kidney stones. Choose 5 servings of fresh fruits and vegetables each day and limit lean meats to a 3 ounce serving (size of a deck of cards) at meals. Ask your RDN for ways you can incorporate these foods every day.



What to Limit

Added Sugars

- Limit or avoid any food or beverage with added sugar and other sweeteners. Examples include soda, candy and snacks, sweetened tea, coffee or energy drinks. You can check ingredient lists to see if sugar or other sweeteners has been added.



High-Sodium Foods

- A diet high in sodium can increase your risk of kidney stones. Look for lower sodium foods or foods with no added salt. Try cooking from scratch instead of eating restaurant and processed convenience foods.

Calcium and Vitamin C Supplements

- Talk with your healthcare provider before taking calcium or vitamin c supplements. Large amounts may increase your risk of kidney stones.

What else can you do?

If you keep getting calcium oxalate stones, you may need to limit high oxalate foods or pair a high calcium food with each high oxalate food. Ask your registered dietitian nutritionist (RDN) which foods are right for you.

High-Oxalate Foods

- beets and beet greens
- spinach
- rhubarb
- nuts and nut butters, especially almonds

With the help of my registered dietitian nutritionist I can reduce my risk for kidney stones by _____