

# Preventing Uric Acid Kidney Stones and Gout

## What Causes Uric Acid Kidney Stones and Gout?

Uric acid is filtered out of the body by the kidneys. But when there is too much, kidney stones and gout can occur.

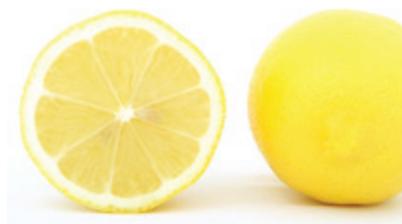
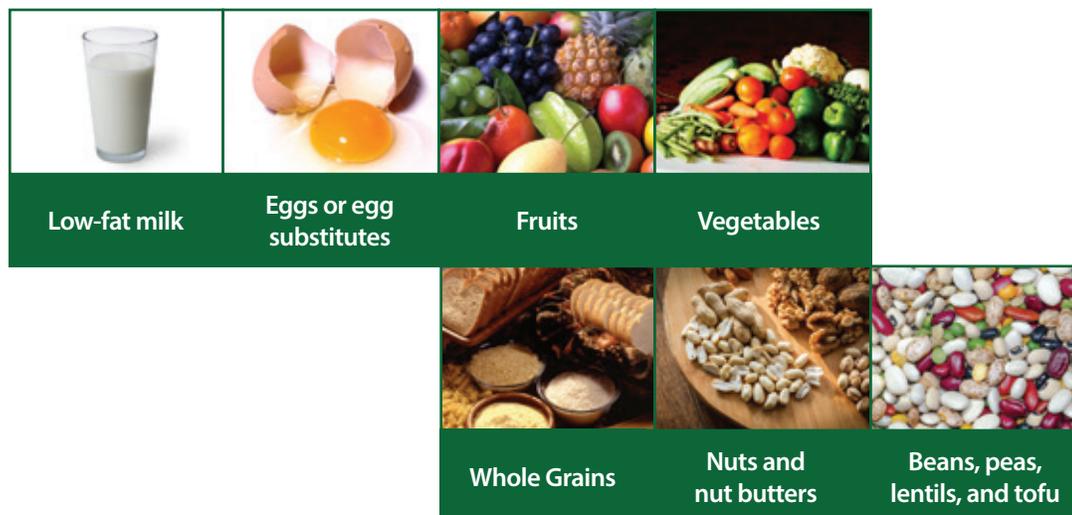
## How Can I Prevent Uric Acid Kidney Stones and/or Gout?

Nutrition therapy is individualized according to each person's specific needs and risks. Here are some of the most common ways to prevent uric acid kidney stones and/or gout.

### What to Drink and Eat

**Water, water, water.** The best way to prevent kidney stones and gout 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.

**Fruits, Vegetables, Whole Grains, and Low-fat Dairy.** Aim for 5 servings of fruits and vegetables per day. Choose 3 servings of whole grains and low-fat dairy as recommended by your RDN.



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



## Maintain a Healthy Weight

Being overweight or obese is also a risk factor for gout. Weight loss is best achieved through diet changes and exercise. When drastic steps are taken to lose weight, such as fasting, very low-calorie diets, or high-protein diets, these are more likely to cause gout and/or uric acid kidney stones. These should be avoided. Always consult your RDN or doctor before starting any weight loss plan.

### What to Limit

#### Meats

Limit all meats to 3 ounces per serving (size of a deck of cards) at meals and always choose lean. Consider a “non-meat” day twice a week.



Meats (beef, poultry, pork, lamb, game), especially organ meats, such as liver

Fish and shellfish, especially sardines, anchovies, herring, mackerel, and scallops

Gravies made with meat

#### Added Sugars and Alcohol

- Limit foods and beverages with added sugars. Examples include soda, candy and snacks, sweetened tea, and coffee or energy drinks. You can check ingredient lists to see if sugar or another sweetener has been added.
- Limit or avoid alcohol if regularly consumed.



With the help of my registered dietitian nutritionist I can reduce my risk for uric acid kidney stones and/ or gout by \_\_\_\_\_