

John M Cannon, MD

Urology and Urologic Surgery
1770 Long Pond Road, Suite 101
Rochester, NY 14606
Telephone (585)244-8110
Fax (585)244-9435
www.cannonurology.com

DIETARY RECOMMENDATIONS FOR KIDNEY STONE PREVENTION

The most important step for prevention is to drink two 10 oz glasses of liquid with each meal and one 10 oz glass of liquid between each meal and at bed time.

The following steps can also be helpful:

1. Maintain a low salt (sodium) diet.
2. Maintain a low animal red meat diet.
3. Maintain an increased citrus fruit diet. Regular lemonade consumption has been shown to decrease kidney stone risk. An alternative is to take potassium citrate 99mg pills (can be bought online at Amazon(500 for \$15.00)). In order to get the equivalent amount of 30meq/day that we usually recommend, you would need to take 33 of these tablets in divided doses daily(\$30/month). These should be taken with meals: 8 tablets four times a day.
4. Recent studies suggest that maintaining a moderate calcium intake is best.

It is also necessary for many patients with calcific kidney stones to follow a low oxalate diet. Oxalate is present in many foods. The list below should help you avoid those foods very high in oxalate.

High Oxalate Content Foods: These foods are stone producing, so be sure to drink plenty of liquids when ingesting them.

Rhubarb	Parsley	Ovaltine
Spinach	Sweet Potatoes	Tea
Beet greens	Dill	Some instant coffees
Swiss chard	Nuts	Grape juice
Turnip greens	Unripe bananas	Cranberry juice
Beets	Chocolate	Pepper
Sorrel	Cocoa	