

Kidney Stone Management Guide

Foods to Avoid

- High-Oxalate Foods: Spinach, Swiss chard, beet greens, rhubarb, beets, okra, sweet potatoes, nuts (almonds, cashews), peanut butter, chocolate, cocoa powder, tea (especially black tea), instant coffee, bran cereals, shredded wheat, raspberries.
- High-Sodium Foods: Canned soups and vegetables, processed meats (sausages, bacon), pickles, olives, soy sauce, fast food, restaurant meals, chips, crackers, pretzels.
- Excess Animal Protein: Red meat, poultry, eggs, seafood (especially sardines, anchovies, herring), organ meats (liver, kidney).
- Sugary and Phosphate-Rich Foods: Colas and soft drinks (especially dark sodas), candy, cakes, pastries, fruit juices with added sugar, high-fructose corn syrup products.
- Excess Vitamin C Supplements: Avoid taking more than 500 mg/day unless prescribed.

Recommended Foods

- Calcium-Rich Foods: Yogurt, cheese, milk (to bind oxalates in the gut).
- Citrus Fruits: Lemons, oranges (contain citrate which helps prevent stones).
- Hydrating Fruits and Vegetables: Watermelon, cucumber, celery.
- Whole Grains and Legumes: Brown rice, lentils, beans (moderate intake).
- Plant-Based Proteins: Tofu, legumes, nuts (in moderation).

Hydration and Urination

- Drink at least 2.5 to 3 liters (10-12 cups) of water daily to help flush out the kidneys.
- Aim to urinate every 2 to 3 hours during the day.
- Urine should be light yellow or clear, indicating proper hydration.
- Increase water intake in hot weather or during physical activity.