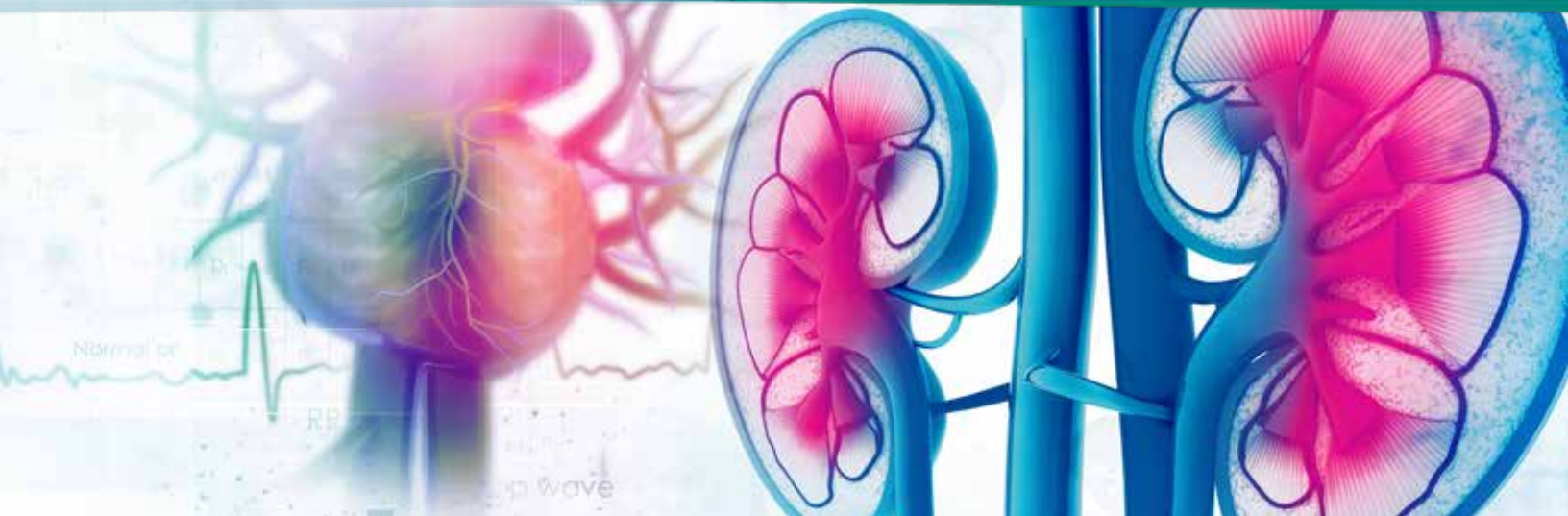


## Preventing Kidney Stone Formation



### What should I eat?

Consider following the DASH diet, a **low- or no-sodium eating plan**. This means you will eat less than 2,300 mg of sodium per day, about one teaspoon. Foods that are high in sodium to watch out for are foods at restaurants, lunchmeat, frozen meals and some cheese.

Calcium is a mineral that likes to stick to sodium to form kidney stones. **Don't avoid calcium**, because you still need it for healthy bone and muscle maintenance. Instead, **limit extra calcium** to 1,000 mg per day, **about three glasses of skim milk**. Use calcium citrate over calcium carbonate, and take your supplement with meals.

**Limit how much protein you eat.** Don't eat more than four ounces of meat per day, and don't eat red meat more than twice a week.

**Minimize food that is high in oxalate.** Oxalate is another substance that forms kidney stones. There is a list on the other side of foods that are high in oxalate.

If you indulge in foods that are high in oxalate, taking TUMS® antacid tablets will help prevent the formation of stones.

### What should I drink?

Drink lots of fluids, at least **2.5 liters** of fluid a day, equal to **ten eight-ounce glasses of liquid**.

In addition to **water**, you can drink **apple juice, tomato juice and citric acid drinks**:

- Orange soda (like Orange Crush®)
- Lemonade
- 1/4 cup lemon juice
- Lime juice added to water

Remember that what goes in comes out. Measure your urine output for a 24-hour period; there should be **two liters**. Also, your urine should be clear like water—color is an indicator of how hydrated you are.

**Limit both diet and regular soda and sugar-sweetened beverages.**



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## Oxalate Rich Foods Guide

These are foods that should be eaten in moderation.

Foods	Serving	Oxalate Content (mg)
Rhubarb	½ cup	860
Spinach	½ cup	750
Beets	½ cup	675
Okra, cooked	8-9 pods	146
Sweet potatoes, cooked	½ cup	141
Kale, cooked	½ cup	125
Peanuts, raw	⅓ cup (1-¾ oz.)	113
Turnip greens, cooked	½ cup	110
Chocolate, unsweetened	1 oz.	91
Collard greens, cooked	½ cup	74
Pecan halves, raw	⅓ cup (1-¼ oz.)	74
Tea leaves, (infused for 4 min.)	1 level tsp. in 7 oz. water	72
Wheat germ, toasted	¼ cup	67
Idaho potatoes white, baked	1 medium	64
Carrots, cooked	½ cup	45
Apple, raw with skin	1 medium	41
Brussels sprouts, cooked	6-8 medium	37
Strawberries, raw	½ cup	35
Celery, raw	2 stalks	34
Milk chocolate bar	1 bar (1.02 oz.)	34
Raspberries	½ cup	33
Orange, edible portion	1 medium	24
Green beans, cooked	½ cup	23
Blackberries, raw	½ cup	13
Concord grapes	½ cup	13
Blueberries, raw	½ cup	11
Apricots, raw	2 medium	10
Broccoli, cooked	1 large stalk	6
Cranberry juice	½ cup (4 oz.)	6

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