

Kidney Stones: Oxalate-Controlled Diet

The risk of forming calcium oxalate stones is increased by the following factors:

- The amount of oxalate in certain foods

Only nine foods are known to increase oxalate in the urine and cause kidney stone formation. They are:

Beets

Chocolate

Dry beans (fresh, canned, cooked) excluding lima and green beans

Nuts

Rhubarb

Spinach

Strawberries

Tea

Wheat bran

- The amount of calcium in your diet

Low dietary calcium increases the chance of forming calcium oxalate kidney stones

Calcium binds oxalate in the intestines so your body absorbs less

Consume 2-3 servings of dietary calcium each day

Calcium citrate is the preferred calcium supplement

- Take no more than 500mg of Vitamin C
- Drink 10-12 glasses (at least 5-6 water) a day.

Research suggests lemonade may be helpful

- Large amounts of protein in your diet may increase your risk
- Reduce sodium to 2-3 grams per day

*information researched using <http://my.clevelandclinic.org>

