

KIDNEY STONE TREATMENT

Most patients form kidney stones because of one or a combination of the following abnormalities:

Low fluid intake

Excess salt, oxalate, calcium, or purine (animal protein) intake

Deficient citrate or magnesium in the urine

To reduce your chances of getting another kidney stone you should do the following:

1. Increase your total daily fluid intake to at least 2 liters (quarts) per day. You need to have 2 liters of urine output per day. Water is the best fluid to drink to reduce kidney stones.
2. Decrease the salt in your diet by removing the salt shaker from the table and not adding any additional salt when preparing food. Remember that restaurant and fast foods are **very** high in salt content.
3. Limit the amount of oxalate in your diet by avoiding black tea, spinach, rhubarb, and nuts.
4. Limit the amount of purine in the diet by limiting the amount animal protein (all meats) in your diet.
5. Increase the citrate level in your urine by making the following lemonade drink and drinking 3 glasses in the morning, 2 glasses at mid-day, and 3 glasses in the evening. Alternatively, you can use non-fortified orange juice or add 4 oz of lemon juice or concentrate to the water you drink daily.

Take 1 cup of reconstituted lemon juice (or the juice of real lemons) and add to 2 liters of tap water. Add sugar or sweetener to taste.

DASH-Style Diet
Dietary Approaches to Stop Hypertension

What's good for the Heart is also good for the Kidneys
and Prevents Stones

FOOD GROUP	DAILY SERVINGS	SERVING SIZE
Grain Products	7 – 8	1 slice 100% whole grain bread ½ cup cooked brown rice ½ cup quinoa, or oats
Vegetables	4 – 5	1 cup raw leafy vegetables ½ cup cooked vegetable ¾ cup vegetable juice
Fruits	4 – 5	¾ cup 100% juice 1 medium fruit ¼ cup dried fruit ½ cup fresh or frozen fruit
Low-Fat Dairy	2 – 3	1 cup skim or 1% milk 1 cup 0 – 1% yogurt 1.5 ounces low-fat cheese
Meat, poultry, fish	2 or less	3 ounces cooked lean meat, poultry or fish
Nuts, seeds, beans	4 – 5 a week	1/3 cup coconut, 2 Tblspns pumpkin & sunflower seeds ½ cup cooked dry lentils
Fats and oils	2 – 3	1 Tablespoon vegetable oil or margarine 2 Tablespoons fat-reduced dressing

Daily servings are based on 2,000 calories per day. To download go to: bit.ly/dietdash