

KUSHAL'S UROMED CLINIC

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Renal Stone Diet Chart for Patients with Kidney Stones

General Principles

Primary Goal: Prevent stone formation and recurrence through proper nutrition and hydration

Key Strategy: Maintain adequate fluid intake and follow stone-type specific dietary modifications

Universal Recommendations (All Stone Types)

HYDRATION - MOST IMPORTANT

- Target: 2.5-3 liters of fluid daily
- Goal: Produce 2+ liters of urine per day
- Best choices: Water, diluted lemon juice, herbal teas
- Monitor: Urine should be pale yellow or clear

SODIUM RESTRICTION

- Limit to: Less than 2,300 mg per day (about 1 teaspoon of salt)
- Why: High sodium increases urinary calcium excretion
- Watch out for: Processed foods, canned soups, deli meats, restaurant meals

MODERATE PROTEIN INTAKE

- Recommendation: 0.8–1 g protein per kg body weight per day
- Why: Excess protein can increase urinary calcium, oxalate, and uric acid
- Focus on: Lean proteins in appropriate portions

Stone-Type Specific Guidelines

CALCIUM OXALATE STONES (Most Common - ~80%)

FOODS TO INCLUDE

- Calcium-rich foods: Low-fat dairy, fortified plant milks, leafy greens
- Citrus fruits: Lemons, limes, oranges (increase urinary citrate)
- Low-oxalate vegetables: Cauliflower, cabbage, peas, onions
- Whole grains: Rice, oats (in moderation)

FOODS TO LIMIT/AVOID

- High-oxalate foods: spinach, rhubarb, beets, swiss chard
- Nuts (almonds, cashews, peanuts)
- Chocolate, cocoa
- Tea (black); coffee – limit to 1–2 cups/day
- Soy products
- Sweet potatoes
- Wheat bran

Special Tips

- Pair calcium with oxalate foods in the same meal to bind oxalate in the gut

- Do not restrict dietary calcium; too little calcium can worsen stones
- Vitamin C supplements > 1000 mg/day can increase oxalate – avoid high doses

URIC ACID STONES (5–10%)

FOODS TO INCLUDE

- Alkalizing foods: Fruits, vegetables, dairy
- Low-purine options: Eggs, low-fat dairy, most vegetables
- Complex carbohydrates: Whole grains, legumes

FOODS TO LIMIT/AVOID

- High-purine foods: organ meats (liver, kidney)
- Certain fish: sardines, anchovies, mackerel
- Red meat and game meats
- Shellfish
- Beer and other alcohol
- High-fructose corn syrup sweetened foods/drinks

Special Tips

- Maintain alkaline urine (target pH 6.0–6.5) as advised by your clinician
- Limit alcohol, especially beer
- Weight management if overweight

CALCIUM PHOSPHATE STONES (Less Common)

FOODS TO INCLUDE

- Acidifying foods: Cranberries, plums, prunes
- Moderate calcium intake (do not restrict unless advised)

FOODS TO LIMIT

- Excessive alkalizing foods (very high fruit/vegetable-only diets)
- High-phosphorus processed foods with phosphate additives

CYSTINE STONES (Very Rare - ~1%)

- Extra hydration: 3–4 liters daily (as advised)
- Low-sodium diet: < 1,500 mg sodium daily
- Moderate protein intake; emphasize plant proteins
- Alkaline urine target: pH 7.0–7.5 under supervision

Sample Daily Meal Plan (Calcium Oxalate Prevention)

BREAKFAST

- 1 cup low-fat yogurt with berries
- 1 slice whole grain toast
- 250 ml water with lemon

MID-MORNING

- 1 medium orange
- 250 ml water

LUNCH

- Grilled chicken salad with lettuce, cucumber, bell peppers
- 1 cup cooked rice
- Water or herbal tea (about 250 ml)

AFTERNOON

- Small handful of low-oxalate crackers
- 250 ml water

DINNER

- 3 oz (85 g) baked fish
- Steamed broccoli and cauliflower
- 1/2 cup pasta
- 250 ml water

EVENING

- Water or herbal tea (about 250 ml)

Important Supplements to Discuss with Doctor

May Be Helpful

- Potassium citrate (for certain calcium stone formers)
- Magnesium (may reduce oxalate absorption)
- Probiotics (may reduce oxalate production)

Use With Caution

- Vitamin C > 1000 mg/day (can increase oxalate)
- Calcium supplements (timing matters – best taken with meals)
- Excess Vitamin D (increases calcium absorption)

Warning Signs – Contact Healthcare Provider

- Severe flank or back pain
- Blood in urine
- Nausea and vomiting
- Fever with urinary symptoms
- Inability to urinate

Monitoring Tips

- Track urine color – aim for pale yellow
- Weigh yourself to monitor hydration status
- Keep a food diary to identify trigger foods
- Regular follow-ups with healthcare team
- 24-hour urine collection as recommended

Additional Lifestyle Recommendations

- Maintain healthy weight through balanced diet and exercise
- Limit processed foods which are high in sodium and additives
- Read food labels for hidden sodium and oxalate sources
- Make gradual dietary changes to ensure sustainability
- Work with a registered dietitian for personalized meal planning

This diet chart provides general guidelines. Individual recommendations may vary based on stone composition, medical history, and lab results. Always consult with your healthcare provider or registered dietitian for personalized dietary advice.

For more details visit: **drkushaluro.com**