

KUSHAL'S UROMED CLINIC

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Low Oxalate diet

Meal Timings	Menu
Early morning (7:00-7:30am)	Water-1glass+ grey pumpkin juice-1glass (boodukumbala kayi)
Breakfast (9:00-9:30am)	Idli-3+ vegetable subji-1cup OR dosa-3no+mint chutney-1cup OR broken wheat upma-1cup OR rice flakes upma-1cup OR rice roti-2no+ moong dhal subji-1cup
Mid-morning (11:00-11:30am)	Seasonal fruits- 1no or 100g (apple, guava, papaya, pear, orange etc.) OR veg soup-1cup OR Nuts (Almond+walnut-5pieces+ dates-3no)
Lunch (1:00-1:30pm)	Whole Wheat chapathi-2no/ragi ball-1no (small size) + vegetable curry-1cup+ rice- ½ cup + dhal sambar- 1cup+ cucumber-1no+curd- ½ cup OR Methi roti- 2no+ egg white curry-1cup + rice- ½ cup + veg sambar-1cup+ cucumber-1no+ curd- ½ cup OR Grilled fish or chicken – 50g + rice- ½ cup+ grains sambar-1cup+ salad- 1bowl+ curd-1cup+ cucumber-1no
Evening (4:00-4:30pm)	Milk-100ml + Channa usli or boiled-1cup (50g)/ Green gram usli- 1cup (50g)/ Puffed rice- ½ cup (50g)/ Roasted Makhana- ½ cup (50g)
Dinner (8:00-8:30pm)	Ragi dosa-3no + veg curry-1cup+ greens palya- 1cup OR Wheat dosa-3no+ greens palya- 1cup + egg- 1no OR Rice-1cup+ veg sambar-1cup+ greens palya-1cup

Dietary Guidelines

Allowed foods:

- Cereals – Whole wheat, Rice, Barley, Bajra, Jowar and Ragi can be used in moderation.
- Pulses and legumes- Can be used in moderation. Use only split dhal. (Without husk)
- Fruits – eat lots of fruit. (seasonal fruits)
- Vegetables:- try to eat all fiber rich veggies like banana steam, gourd verity etc.
- Green leafy vegetable- all greens.
- Roots and tubers- All Roots and tubers Twice a week.
- Meat – Chicken (without skin), Fish – Twice . Egg white- everyday.
- Milk and milk products – Skimmed milk, curd, butter milk, paneer.
- Salt – 2 g day.
- Oil – 3 tsp can used per day.
- Sugar- 3tsp can used per day.
- Make sure your diet contains a sufficient amount of calcium (about 1000mg per day)

Restricted foods

- All Deep-fried foods can be avoided.
- Namkeens, Canned vegetables, canned meat and meat products.
- Extra salt, Papads, Pickles.
- Avoid hydrogenated fats like gee, butter. Trans fat containg oils.
- Full cream milk, heavy cream.
- Avoid mushrooms, soya and soya products.
- Avoid tomato seeds, brinjal seeds.
- Reduce the salt in your diet.
- Limt intake of animal protein.

Lifestyle modifications.

- **Maintain healthy weight.**
- **Try to exercise every day.**
- **Avoid stress.**

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