

Dietary advice for kidney stones

Once you have had kidney stones you are likely to make them again; half of people form more stones within 3 years of their first stone. You can alter your diet to reduce your risk of forming stones.

Dietary changes

Try to change your dietary habits in the following ways:

- Drink plenty of fluids and eat a normal amount of calcium-containing food
- Avoid vitamin C tablets, salt and oxalate containing foods
- Eat no more than 2 small portions of animal meat a day

With a balanced diet; you should not need supplements. In particular, calcium and vitamin C tablets increase your risk of stones, and should be avoided.

Fluid

Drinking plenty is the best way to avoid stones. Aim for 3 litres (6 pints) per day of water, squash, tea or coffee. When you are drinking enough, your urine will be clear; aim to keep it clear at all times. Cola and fruit juice, particularly grapefruit juice, increase stone risk, so should be avoided.

Calcium containing foods

You should aim to eat 3 portions of calcium-containing foods every day (as part of your meals):

- Milk – 1 glass (200mls)
- Yoghurt – 1 pot (125g)
- Cheese – matchbox size (1oz/25g)

Oxalate

Foods containing oxalate increase your risk of stones, so where possible, avoid the following:

- | | | |
|---------------|---------------|-----------|
| • Instant tea | Spinach | Rhubarb |
| • Nuts | Strawberries | Chocolate |
| • Wheat bran | Protein /meat | |

Salt

A high salt intake increases stone risk. To reduce dietary salt, minimise cooking with salt & avoid salt at the table. Look at labels on processed and convenience foods as these have a high salt content.

Avoid foods containing more sodium (salt) than 0.5grams per 100g e.g:

- Bacon, ham, sausage, corned beef, tongue, luncheon meat, beefburgers, tinned meats.
- Smoked fish, shellfish, and tinned fish in brine.
- Butter, fish and meat pastes, peanut butter, paté, sandwich spreads.
- Savoury biscuits, crisps, nuts
- All bran, cornflakes and rice krispies.
- Marmite, Bovril, Oxo, gravy salt, soy sauce, celery salt, garlic salt, onion salt, 'jerk' seasoning.