

Kidney Stones Health Information

- Kidney stones are **hard pieces** that form in your kidneys.
- There are different types of kidney stones.
Knowing your type can help guide your food choices.
- Common types include:
 - **Calcium stones** – the most common type
 - **Uric acid stones** – can form when you eat a lot of meat
 - **Infection stones** – linked to urine infections
 - **Rare stones** – can run in families

Eating Tips for Kidney Stones:



Fluids for Kidney Stone Health

- Try to drink **plenty of fluids during the day**.
Drinking more can help lower your risk of kidney stones.
- You may need about **8–12 cups a day**, and more when it is hot or when you are active.
- Good choices include:
 - Water
 - Herbal or fruit teas
 - Sugar-free lemonade
- Some drinks may not be the best choice:
 - Drinks with caffeine (like coffee or some teas)
 - Sugary drinks like soda
 - Alcohol
- Drinks with **citrus (like lemon)** may help support kidney health.
- If you have a **fluid limit**, check with your doctor about what is right for you.



Dairy and Calcium

- Try to include **dairy foods each day**, like milk, yogurt, or cheese.
- Calcium in these foods may help **lower the risk of kidney stones**.
- Try not to take large amounts of **calcium supplements** unless your doctor says it is okay.
- If your phosphorus is high, you may need to **limit some dairy foods**.
Check with your healthcare team to see what is right for you.



Lower Salt Tips

- Try not to add salt to your meals
- Use **herbs and spices** for flavor
- Check labels and look for foods with about **140 mg of salt or less**



Meat, Fish, Seafood, and Poultry

- Try to eat **smaller amounts of animal foods** (like meat).
- Eating a lot of these foods may raise your risk for some kidney stones.
- Try to have **small portions with meals** and not as often during the week.



Vitamin C

- Try not to take too much vitamin C.
- Try to keep it under 500 mg a day
- It is okay to eat foods with vitamin C

More Diet Considerations for Calcium Oxalate stones only:



Oxalate Tips

- These tips may help if your oxalate levels are high.
- Eating enough **calcium foods** may help lower oxalate.
- The amount of oxalate in foods can change when cooked.
- Try to **limit foods high in oxalate** during the day.



Foods to Watch (High in Oxalate)

Vegetables:

- Beets, ½ cup = 76 mg
- Cauliflower (cooked), ½ cup = 5 mg
- Okra (raw), ½ cup = 317 mg
- Potato (baked with skin), 1 = 92 mg
- Potato (French fries) ½ cup = 37 mg
- Spinach (raw), 1 cup = 1959 mg
- Sweet potato, ½ cup = 54 mg
- Yam (cooked), ½ cup = 40 mg

Grains:

- Bagel, 1 large = 40 mg
- Bran flakes, 1 cup = 42-46 mg
- Quinoa (cooked), ½ cup = 184 mg

Beans and Nuts:

- Beans (baked), ½ cup = 58 mg
- Beans (navy, dry) ½ cup = 548 mg
- Beans (refried), ½ cup = 60 mg
- Green beans (raw), ½ cup = 65 mg

Beans and Nuts, continued:

- Almonds, ½ cup = 72 mg
- Cashews, ¼ cup = 64 mg
- Hazel nuts, ¼ cup = 167 mg
- Hummus, ¼ cup = 60 mg

Fruit:

- Star fruit (raw), 1 fruit = 295 mg

Cereals and flours:

- Kashi Autumn Wheat, 32 biscuits = 33 mg
- Raisin Nut Brain, 1 cup = 45 mg
- Wheat wholegrain flour, 1 cup = 2 mg

Other:

- Chocolate (dark), 1 ½ ounces = 67 mg
- Cocoa powder, 4 tsp. = 67 mg
- Miso soup, 1 cup = 58 mg



Foods Lower in Oxalates

Vegetables:

- Broccoli, ½ cup = 6 mg
- Carrots, ½ cup = 8 mg
- Corn (raw with peel), ½ cup = 1 mg
- Cucumber ¼ slice, = 1 mg
- Lettuce (iceberg or romaine, raw), 1 cup = 0 mg
- Mushrooms, ½ cup = 0 mg
- Tomato (raw), 2 slices = 3 mg

Fruits:

- Apple (with or without skin), 1 fruit = 1 mg
- Avocado, ½ = 9 mg
- Banana, 1 fruit = 10 mg
- Cantaloupe, ¼ slice = 1 mg
- Cherries, ½ cup = 3 mg
- Grapes, 1 cup = 2 mg
- Nectarine, 1 fruit = 0 mg
- Orange, 1 fruit = 23 mg
- Peaches, ½ cup (canned) = 1 mg

Grains:

- Almond milk, 1 cup = 27 mg
- Bread (whole wheat), 1 slice = 14 mg
- Rice (brown), ½ cup = 9 mg
- Spaghetti (cooked), ½ cup = 8 mg
- Tortillas (corn or flour), 2 tortillas = 10 mg

Beans and Nuts:

- Lentils (cooked), ½ cup = 2 mg
- Pecan, ¼ cup = 9 mg
- Pistachios, ¼ cup = 9 mg
- Kidney Beans (red), ½ cup = 10 mg

Meat & Dairy:

All meat, dairy, and artificial sweeteners = less than 0-1 mg per serving oxalate.

*For more information on oxalate in foods, please visit:

<https://kidneystonediet.com/wp-content/uploads/sites/5/2024/05/Harvard-Oxalate-Food-List-v2.3.1.pdf>

