

DIETARY RECOMMENDATIONS FOR PATIENTS WITH RENAL/ KIDNEY STONES

Patients should follow given instructions for renal stones in general and calcium oxalate stones in particular



DO'S

- Drink plenty of water and aim for at least 2-3 litres of water everyday.
- Drinking lemonade is found to be effective, as the citrate in the lemons binds to calcium in the urine thus preventing calcium oxalate formation when consumed in moderate quantities; however, avoid high intake of citrate containing foods as this may lead to high uric acid production.
- Wine intake reduces stone formation when taken in in moderation to certain extent.
- Fish oil supplementation is found to be beneficial.
- Do not restrict naturally calcium rich diet calcium. Calcium however, ingested in supplement form, may increase renal stone formation risk.
- Choose complex fibre rich carbohydrates such as whole-grain bread pasta legumes and beans.
- Magnesium is thought to reduce stone risk by complexing with oxalates in the gut, thereby reducing oxalate excretion into the urine. Sources of

dietary magnesium include dairy products, meat, seafood, apples, apricots, avocados, bananas, whole grain cereals, nuts, dark green vegetables and cocoa.

- A reduction in total amount of refined carbohydrates and sugars would be beneficial.
- Salt restriction in diet reduces stone formation.

DON'Ts

- Avoid fast food and convenience food.
- Limit salty snacks, cakes, salted peanuts, salted fried chips etc.
- Use of orange juice to reduce stone risk is controversial
- Likewise, Vitamin c supplementation may be risky among known stone formers.
- Animal protein intake may be directly associated with stone formation.
- Intake of tea and coffee to reduce stone formation is controversial.

(Please speak to your treating physician before following any of the given advice, as different stones have different dietary restrictions).

Shivangi Jain
BHMS, MD, PGDMLE, PGDHHM
drshivangijain79@gmail.com
<https://drshivangihomoeopathy.com/>