

CALCIUM OXALATE STONES

These guidelines should be considered a way to "Get Started" with your diet modification. A metabolic work-up is the **ONLY** way to know what guidelines are specifically right for you. Many studies show contradicting results and information on how to prevent kidney stones, and some generalized dietary modifications may not be necessary. **Speak to your provider who may performing metabolic studies to determine which of these guidelines specifically pertains to your situation.**

Nutritional Guidelines

Hydration:

- Drink half of your body weight in ounces daily. You should be eliminating 2L of urine per day! Typically, drinking 3L per day will do the trick.

Diet:

- Avoid foods high in oxalates:

| Fruits: | Vegetables: | Flours/Grains: | Meat/Meat alternatives: |
|------------------|--------------------|------------------------|--------------------------------|
| Avocado | Beets | All-purpose flour | Tofu |
| Dates | Okra | Brown rice | Veggie burger |
| Grapefruit | Spinach | Buckwheat | Soy burger |
| Kiwi | Potatoes* | Bulgur | Barbecue |
| Orange | Rhubarb | Grits | Cured meats/fish |
| Raspberries | Bamboo shoots | Cornmeal | Salty meats/fish |
| Tangerine | Fava beans | Couscous | Smoked meats/fish |
| Canned pineapple | Navy beans | Lasagna | Anchovies |
| Dried figs | Olives | Millet | Caviar |
| pineapples | Parsnip | Miso | Herring |
| prunes | Kidney beans | Rice bran | Salmon |
| | Refried beans | Soy flour | Sardines |
| | Rhutabaga | Wheat berries | Corned beef |
| | Tomato sauce | Wheat flour | Chili |
| | Turnips | Spaghetti | Frankfurters (hot dogs) |
| | Yams | White Rice flour | Luncheon meats |
| | Carrots | Cream of wheat | Tamales |
| | Celery | Pancakes | |
| | Collards | Pastries | |
| | Soybeans | Cereals (cooked & dry) | |

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| | Brussel sprouts Pickles Polk greens Hominy Sauerkraut | Corn/flour tortilla Bread Crackers and Rolls with salt Macaroni Potato chips Corn chips Tortilla chips Corn pudding | |
| Nuts/seeds: Almonds Candies with nuts (ex. Snickers) Cashews Peanuts Pistachios Mixed nuts Pumpkin seeds Trail mix Walnuts Pecans Sunflower seeds | Beverages: Carrot juice Hot chocolate (cocoa mixes) Lemonade (frozen from concentrate) Rice dream Tea, brewed Tomato juice V8 juice Soy milk Buttermilk Canned Milk Eggnog Malted Milk Milkshakes Powdered fruit juice substitutes Electrolyte replacement (Gatorade) | Condiments: Chocolate/fudge syrup Chocolate chips Miso Peanut butter Tahini Sour Cream Salad dressings made with cheese, yogurt, or sour cream Whipping cream | Other ingredients: Cocoa powder Soy protein isolate Soy sauce Stevia sweetener MSG Molasses Half & half Prepared Horseradish Cream gravies Hollandaise sauce Newburg Sauce Boullion cubes |

*Potatoes includes white, baked, mashed, sweet potatoes, potato chips, french fries

Aim for less than 50-100mg of oxalates daily. Eat oxalate foods with calcium containing foods. For specific mg amounts, see the website kidneystones.uchicago.edu/how-to-eat-a-low-oxalate-diet/. This will also give you an idea of the foods that are low to moderate in oxalate content that are good choices.

- DO NOT avoid dietary calcium. Do not take Calcium supplements away from food. Aim for 1000-1200mg daily of dietary calcium.
- Avoid dietary sugar. This increases calcium loss in the urine.
- Avoid sodium/salt. Try to aim for 1500-2300mg daily. Do not add salt to your food.
 * If you are taking certain diuretic medications, this may not apply to you.
 * Use the DASH diet guidelines for reducing sodium: www.dashdiet.org
- Increase citrate containing foods: lemon, lemon juice, orange juice. This raises pH and decreases risk of calcium oxalate and uric acid stone formation.
- Avoid excessive amounts of animal protein, as this acidifies urine and promotes stone formation. Aim for no more than 1g/kg/day.

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Visit this website for a list of high calcium, low sodium foods:

https://docs.google.com/spreadsheets/d/1zhUkOnm7VQ_i6C2KaouqZwiQmNgdEYhldNQypdBcnjQ/edit#gid=0

Oxalate content of foods taken from: Litholink Corporation, 2003