

CALCIUM PHOSPHATE KIDNEY STONES

FOOD GUIDE TO ACIDIFY URINE -- CALCIUM PHOSPHATE 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 be performing metabolic studies to determine which of these guidelines specifically pertains to your situation.**

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.**

Foods that you should eat:

Soups and Juices:	Bullion, meat broths and soups made with foods allowed. Prune, plum, or cranberry juice.
Meat, fish, and poultry:	At least 2 large servings of any kind, especially chicken, duck, and lean beef.
Eggs:	One or more in any form.
Dairy Products:	Not more than one pint of milk and 3 oz. of cream. No more than 2-3 oz. of Cheese, especially cottage cheese, cream cheese, Gruyere, Gorgonzola, Cheddar and Swiss.
Vegetables:	Three small servings of any vegetable except those not allowed. Corn, white beans, and lentils may be used freely.
Potato Substitutes:	Two or more servings of white or brown rice, noodles, macaroni, spaghetti, or barley.
Fruits:	Two small servings of any fruit except those that are not allowed. Prunes, plums, and cranberries may be used freely.
Salads:	Any fruit or vegetable salad made with foods that are allowed, served with oil and vinegar dressing.

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Cereals:	One or more serving dry or cooked, preferably whole grain or enriched.
Breads:	Four or more slices preferably whole grain or enriched. Crackers if salt is not restricted.
Desserts:	Cake (without fruit) plum tarts, prune whip, Jell-O, rice custard, bread pudding, cookies, cornstarch pudding, tapioca pudding, and custard pie.
Beverages:	Coffee or tea.
Concentrated sweets:	White sugar, corn syrup, cranberry sauce, plum jelly, candy other than chocolate with almonds.
Concentrated fats:	Butter, oil, nut butter, olive oil, mayonnaise made with vinegar, cooking fats.
Misc:	Peanuts, walnuts, filberts, and brazil nuts.

Foods that you should avoid:

Juices:	Citrus fruit juices such as orange, lemon, lime, and tomato.
Dairy Products:	Avoid excess amounts of milk products including malted and milk shakes.
Vegetables:	Potatoes, lima beans, soy beans, beef greens, parsnips, spinach, dried vegetables.
Fruits:	Cantaloupe, raisins, dates, figs, dried fruits (except prunes), citrus fruits.
Beverages:	Flavored sodas, fruit-aides.
Misc:	Olive, molasses, almonds, chestnuts, and coconut.