

URIC ACID KIDNEY STONE PREVENTION

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.**

Hydration:

- Drink half of your body weight in ounces of water daily. You should be eliminating 2L of urine daily!
- * Avoid this recommendation if you have chronic kidney disease or congestive heart failure

Diet:

- Increase alkaline foods in the diet: *fresh vegetables, fruits*
- Increase dietary citric acid: *lemon juice. Add 4 oz of reconstituted lemon juice per 2L of H2O. Drink throughout the day. Avoid sweeteners.*
- Increase high quercetin foods: *onions, apples, kale, black tea*
- Avoid kale and black tea if you also suffer from calcium oxalate stone formation
- Avoid purine rich/acidic foods: *red meat, poultry, fish, eggs (see List 3).*
- Avoid dietary sugar: *sucrose and fructose*

* If you are diabetic, it is imperative to get your blood sugar under control, as this inherently creates an acidic environment, which predisposes you to formation of uric acid stones.

- Eat small, frequent meals. Avoid gorging or feasting.
- Avoid ALL alcoholic beverages, beer, and wine. **Especially beer.**

DASH Diet: Dietary guidelines that promote a low sodium, low animal protein, low sugar diet that is high in fresh vegetables and fruits. (www.dashdiet.org)

Other Considerations:

- Address diarrhea if present
- Review medications
- Potassium citrate, Calcium citrate, or Magnesium citrate
- Probiotics
- Digestive enzymes

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List 1

Foods with Negligible Purine Content: Nonfat milk, buttermilk, coffee, tea, Postum, fruit juices, Cocoa, Carbonated drinks, Carnation instant breakfast, Cottage cheese, breads, Cereals (except those in List 2), Vegetables (except those in List 2), fruits of all kinds, Gelatin or Jell-O, Angel food cake, hard candies, sherbet, sugar, honey, salt, herbs and spices, jams and jellies.

Foods with low Purine content but MUST BE LIMITED due to fat content:

Cream, half and half, whole milk, butter, chocolate, cocoa made with whole milk, regular cheese, eggs, peanut butter, regular cakes, ice cream, other high fat desserts, nuts, oils, and salad dressings, chocolate candy or the rich candy, potato chips and other chips, fried foods, waffles, pancakes and other rich and hot breads.

List 2

Foods with moderate Purine content:

Total of 5 oz. Cooked Lean meat (other than those in List 3), fish (other than those in List 3), poultry (other than those in List 3), seafood (other than those in List 3).

Foods to be used occasionally: Peas, spinach, asparagus, mushrooms, and dried beans and peas, lentils, oatmeal, wheat germ, bran, homemade soups containing meats (unless taken from meat allowance).

Additional information about meat choices:

Choose fish and poultry, particularly without skin. Select lean, well-trimmed cuts of meat. Avoid all fatty meats, bacon, and sausage, fried meats and fried fish or poultry, luncheon meats, cold cuts, hot dogs, meats canned or frozen in gravy, spareribs, and frozen and packaged prepared meats.

LIST 3

Foods with high Purine content:
(Foods to Avoid) Anchovies, Liver, kidneys, sardines, sweetbreads, heart, herring, mackerel, scallops, wild game, goose, tongue, meat broths, meat extracts, meat drippings mincemeat, gravy, commercial soups made with any of the foods in List 2 or 3, Yeast.

