

Kidney Stones

Info by: National Kidney Foundation <https://www.kidney.org/atoz/content/diet>

NIH – National Institute of Diabetes, and Digestive and Kidney Disease

<https://www.niddk.nih.gov/health-information/urologic-diseases/kidney-stones/eating-diet-nutrition>

WebMD - <https://www.webmd.com/kidney-stones/kidney-stones-food-causes#1>

Calcium Oxalate Stones	Foods to Eat	Foods to Avoid or Limit Intake	Other
<p>A kidney stone is a hard mass that forms from crystals in the urine. For most people, natural chemicals in the urine keep stones from forming and causing problems.</p> <p>Oxalate is naturally found in many foods, including fruits and vegetables, nuts and seeds, grains, legumes, and even chocolate and tea.</p> <p>Eat and drink calcium foods such as milk, yogurt, ice cream and some cheese and oxalate-rich foods together during a meal. The oxalate and calcium from the foods are more likely to bind to one another in the stomach and intestines before entering the kidneys. This will make it less likely that kidney stones will form.</p> <p>Avoid Extra Calcium supplements – see MD for recommended calcium intake</p> <p>Also see DASH Diet</p>	<p>DRINK – staying hydrated is the most important way to reduce kidney stone formation and help to flush</p> <p>Beans, lentils, legumes dried peas</p> <p>Soy foods, such as soy milk, soy nut butter, and tofu</p> <p>Sunflower seeds</p> <p>Chronic kidney stones are often treated with potassium citrate, but studies have shown that limeade, lemonade and other fruits and juices high in natural citrate may offer the same stone-preventing benefits. Beware of the sugar, though, because it may increase kidney stone risk.</p>	<p>Peanuts</p> <p>Rhubarb</p> <p>Spinach</p> <p>Grape Fruit</p> <p>Wheat bran</p> <p>Reduce sodium</p> <p>Limit <i>animal</i> protein</p> <p>Beef and pork, especially organ meats</p> <p>Eggs</p> <p><i>Miso soup, Grits, Baked potatoes with skin, Beets, Almonds, Cashews</i></p> <p><i>Cocoa powder</i></p> <p><i>Okra, Bran cereals and shredded , French fries, Raspberries, Stevia sweeteners Sweet potatoes.</i></p> <p><i>If you eat or drink calcium-rich foods at the same time, they can help your body handle oxalate without turning it into a kidney stone. So pair your spinach salad with low-fat cheese. Or mix nuts or berries into yogurt. Drinking milk does not cause kidney stones.</i></p> <p>WebMD</p>	<p>Avoid <i>Extra Calcium supplements</i></p> <p>Try to avoid sodas (especially those with high amounts of fructose), sweetened iced tea and grape fruit juice.</p> <p>Vitamin C Supplements - Too much can make your body produce oxalate. So don't take more than 500 mg a day. It is recommended to take 60mg/day of vitamin C based on the US Dietary Reference Intake</p> <p>Home Remedies from Healthline – please go to website for amount and risks/contraindications https://www.healthline.com/health/kidney-health/home-remedies-for-kidney-stones#lemon-juice</p> <p>Basil juice Basil contains acetic acid, which helps to break down the kidney stones and reduce pain. It's also full of nutrients. There are antioxidants and anti-inflammatory agents in basil juice, and it may be helpful in maintaining kidney health.</p> <p>Apple cider vinegar contains acetic acid. Acetic acid helps to dissolve kidney stones. In addition to flushing out the kidneys, apple cider vinegar can help ease pain caused by the stones.</p> <p>Celery juice is thought to clear away toxins that contribute to kidney stone formation and has long been used in traditional medications. It also helps flush out the body so you can pass the stone.</p> <p>Pomegranate juice has been used for centuries to improve overall kidney function. It will flush stones and other toxins from your system. It's packed with antioxidants, which help keep the kidneys healthy and may have a role in preventing kidney stones from developing.</p> <p>It also lowers your urine's acidity level. Lower acidity levels reduce your risk for future kidney stones.</p> <p>Kidney bean broth from cooked kidney beans has been used to improve overall urinary and kidney health. It also helps dissolve and flush out the stones..</p> <p>Dandelion root is a kidney tonic that stimulates the production of bile. This is thought to help eliminate waste, increase urine output, and improve digestion.</p> <p>Wheatgrass is packed with many nutrients and has long been used to enhance health. Wheatgrass increases urine flow to help pass the stones. It also contains vital nutrients that help cleanse the kidneys.</p>

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Calcium Phosphate Stones	Foods to Eat	Foods to Avoid or Limit Intake
<p>These form when calcium in the urine combines with the mineral phosphorus. If you've had one of these, you don't need to worry about oxalate.</p> <p>Also see DASH Diet</p>	<p>Although you may need to limit how much animal protein you have each day, you still need to make sure you get enough protein. Consider replacing some of the meat and animal protein you would typically eat with some of these plant-based foods that are high in protein:</p> <p>Legumes such as beans, dried peas, lentils, and peanuts, soy foods, such as soy milk, soy nut butter, and tofu, walnuts, and pistachios sunflower seeds</p> <p>Calcium - Even though calcium sounds like it would be the cause of calcium stones, it's not. In the right amounts, calcium can block other substances in the digestive tract that may lead to stones. Talk with a health care professional about how much calcium you should eat to help prevent getting more calcium phosphate stones and to support strong bones. It may be best to get calcium from plant-based foods such as calcium-fortified juices, cereals, breads, some kinds of vegetables, and some types of beans. Ask a dietitian or other health care professional which foods are the best sources of calcium for you.</p>	<p>Organ meats, like chicken or beef liver</p> <p>Milk, cheese, and other dairy products</p> <p>Eggs</p> <p>Seafood</p> <p>Sodium - Your chance of developing kidney stones increases when you eat more sodium. Sodium is a part of salt. Sodium is in many canned, packaged, and fast foods. It is also in many condiments, seasonings, and meats.</p> <p>Foods that can make urine more alkaline, including: Fresh fruit juices (except orange, cranberry, and nectarine)</p> <p>Vegetable juices</p> <p>Molasses</p> <p>Processed foods. Phosphorus is a common additive and preservative. So limit fast foods, bottled colas, frozen foods, and luncheon meats. Read the label for ingredients starting with "phos."</p>

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Uric Acid Stones	Foods to Eat	Foods to Avoid or Limit Intake	Other
<p>You get these if your urine is too acidic. These stones contain uric acid, a substance the body produces as it breaks down chemicals in food. Unlike with calcium oxalate and calcium phosphate stones, sodium isn't a special issue here.</p> <p>Red meat, organ meats, and shellfish have high amounts of a natural chemical compound known as purines. High purine intake leads to a higher production of uric acid and a larger acid load for the kidneys to excrete. Higher uric acid excretion leads to more acidic urine. The high acid concentration of the urine makes it easier for uric acid stones to form.</p>	<p>To get enough protein, you can swap your meat and poultry for:</p> <p>Beans, dried peas, lentils, and peanuts</p> <p>Soy milk, soy butter, and tofu</p> <p>Nuts, like almonds, walnuts, and cashews</p> <p>Follow a healthy diet plan that has mostly vegetables and fruits, whole grains, and low-fat dairy products</p> <p>Tart drinks like lemonade, limeade, and fruit juices are naturally high in citrate that helps keep kidney stones at bay.</p>	<p>To prevent uric acid stones, cut down on high-purine foods such as red meat, organ meats,, meat-based gravies, sardines, anchovies and shellfish.</p> <p>Animal protein. Eating too much red meat, poultry, eggs, and shellfish does two things. It makes your body make more uric acid. And it can rob your system of citrate, a substance that helps keep away kidney stones and maybe keep existing ones from growing.</p> <p>Sugary drinks. Hold back on foods and drinks flavored with sugar or, especially, high-fructose corn syrup. They can lead to stones.</p> <p>Alcohol . It can make uric acid levels in your blood go up.</p> <p>Avoid short term diets</p>	<p>See Gout Diet</p>

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Cystine Stones	Foods to Eat	Foods to Avoid or Limit Intake	Other
<p>These come from a condition that runs in families. It makes a natural substance called cysteine to leak into your urine. Cystine stones tend to be larger than other types. If you've had one, you might have another.</p> <p>Too much acid. Cystine stones grow more easily in acidic urine. That's the opposite of calcium phosphate stones, which favor alkaline urine. So for this type of stone, curb your hunger for meat and eat more fruits and vegetables, which have lower acid levels.</p>	<p>Drink lots of water to help discourage cystine from forming stones.</p> <p>Fruits</p> <p>Vegetables</p>	<p>Meat</p> <p>Sodium: Try not to overindulge on French fries, canned soups, packaged meats, and other salty foods.</p>	<p>See DASH Diet</p>