

Family Health Centers Nutrition Program

CALCIUM OXALATE KIDNEY STONES

Oxalic acid may bind with calcium in the urine and increase the potential for kidney stones in some people. One of the best remedies to decrease the risk of kidney stones is to drink plenty of fluids, especially water, enough to make at least 2 quarts of urine a day. Another is to consume at least two servings of calcium-rich foods each day. If you take a calcium supplement, take it with meals, so the calcium will bind the oxalate in the intestine instead of the urine. Also, follow a low salt diet to decrease the concentration of calcium in the urine.

To decrease your risk of Calcium Oxalate kidney stones, *limit* these foods:

vegetables: poke, purslane, spinach, rhubarb, Swiss chard, beet, asparagus
meats: especially organ meats (liver, kidney, brains), includes chicken, duck, lambs quarters
fish: especially anchovies, herring, caviar, mussels, scallops
nuts: peanuts and peanut butter; tree nuts (especially pecans); nut butters
berries: especially strawberries
chocolate
meat extracts, broth, bouillon, consomme
wheat germ / wheat bran
tea
coffee
cola
salt

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If you would like personal instruction on how to
incorporate nutritional guidelines
into your life and improve your health,
schedule an appointment with:
Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681