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**Diet tips to prevent uric acid kidney stones**  
 Information for patients and families

The foods you eat and fluids you drink can become your main defense against kidney stones. Making simple changes to your diet can help prevent kidney stones.

**Fluids:**

Drink 8-10 glasses of water every day. This helps prevent kidney stones and prevent new ones from forming.

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| <p><b>Drink more fluids</b></p> <ul style="list-style-type: none"> <li>• Drink 8 to 10 glasses of water every day. This helps prevent kidney stones and prevent new ones from forming.</li> <li>• Do not skip and when you do, have more than 1.5 liters.</li> </ul> | <p><b>Acids</b></p> <ul style="list-style-type: none"> <li>• When there are eating at all, limit or avoid the most acidic.</li> <li>• Citrus fruits, tomatoes, and other acids.</li> <li>• Sugar sweetened beverages like soft drinks, pop, sports drinks, and energy drinks.</li> </ul> |
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## Diet tips to prevent uric acid kidney stones

<https://smh.andnot.com/en/permalink/stm557>

Description: This handout describes simple changes that you can make to your diet to help stop kidney stones from forming.

Format: Patient Handout

Topics: Kidney Stones

Body Location: Kidney and Urinary System

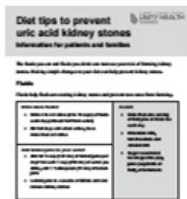
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### Documents



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