

# Magnesium and preventing kidney stones

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## Information for patients and families

Eat 3 servings of high magnesium foods every day. Add this to what you usually eat. Eating high magnesium foods can help to stop kidney stones from forming. However, some foods that are high in magnesium are also high in oxalate. Use this sheet to learn how to eat foods that are high in magnesium.

<b>High magnesium, low oxalate foods - Choose these more often</b>	
<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"><li>• 1 banana</li><li>• 1 papaya</li><li>• fresh pineapple (1 cup)</li><li>• cantaloupe (1 cup)</li><li>• 1 mango</li><li>• raisins (½ cup)</li><li>• strawberries (1 cup)</li><li>• watermelon (1 cup)</li><li>• artichokes (½ cup)</li><li>• asparagus (½ cup)</li><li>• brussel sprouts (½ cup)</li><li>• peas (½ cup)</li><li>• corn (½ cup)</li></ul>
<b>Meats and Alternatives</b>	<ul style="list-style-type: none"><li>• beans or lentils (½ cup)</li><li>• 3 ounces of meats, fish, shellfish</li><li>• ¼ cup seeds (flax, pumpkin, sunflower)</li></ul>
<b>Breads and Cereals</b>	<ul style="list-style-type: none"><li>• whole grain products</li></ul>

**High magnesium, high oxalate foods – Eat these choices with dairy products**

<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"><li>• avocado (half)</li><li>• 1 potato</li><li>• beets (½ cup)</li><li>• celery (1 stalk)</li></ul>	<ul style="list-style-type: none"><li>• 10 dates</li><li>• 10 prunes</li><li>• raspberries (½ cup)</li><li>• 1 kiwi</li></ul>
<b>Meats and Alternatives</b>	<ul style="list-style-type: none"><li>• tofu (½ cup)</li><li>• peanut butter (2 Tablespoons)</li></ul>	
<b>Breads and Cereals</b>	<ul style="list-style-type: none"><li>• bran cereal</li><li>• buckwheat</li></ul>	<ul style="list-style-type: none"><li>• rice bran</li><li>• cornmeal</li></ul>

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