

Diet tips to prevent uric acid kidney stones

Information for patients and families

The foods you eat and fluids you drink can increase your risk of forming kidney stones. Making simple changes to your diet can help prevent kidney stones.

Fluids

Fluids help flush out existing kidney stones and prevent new ones from forming.

<p>Drink more fluids:</p> <ul style="list-style-type: none"> • Drink 2 to 2.5 Litres (8 to 10 cups) of fluids each day (at least half from water) • On hot days and when active, have more than 2.5 Litres 	<p>Avoid:</p> <ul style="list-style-type: none"> • More than one serving of fruit juice or black tea each day • Chocolate milk, hot chocolate and almond milk • Sugar sweetened beverages like pop, juice (vegetable or fruit), or lemonade
<p>Add lemon juice to your water:</p> <ul style="list-style-type: none"> • Aim for ½ cup (125 mL) of lemon juice per day: For each 1 cup (250 mL) of water you drink, add 1 Tablespoon (15 mL) of lemon juice • Lemon juice is a source of citrate and can reduce kidney stones 	

Protein

Eating large amounts of animal protein leads to higher amounts of uric acid in your body. This increases your risk of uric acid kidney stones. Animal proteins include beef, pork, poultry, fish and eggs.

<p>Aim for: no more than 4 to 6 ounces (100 to 150 grams) of animal protein daily</p>	<p>Avoid the following animal proteins or limit them to no more than once per month:</p> <ul style="list-style-type: none">• Anchovies• Sardines• Herring• Shellfish• Organ meats like liver or kidney• Game meats (like goose or duck) <p>Your dietitian can give you a longer list of animal proteins that are most important to avoid.</p>
<p>Aim for: serving sizes of 2.5 ounces (75 grams), no more than two times daily. This is the size of 1 deck of cards.</p>	

If you eat 3 meals a day, have an animal protein for 1 meal and plant proteins for your other 2 meals. Here are some strategies for reducing your animal protein:

- Replace ground meats in taco, pasta dishes, soup, sauces, or curry dishes with lentils, chickpeas, or black beans
- Have a stir fry made with tofu instead of chicken, beef or shrimp
- Add beans, nuts or seeds to a salad instead of chicken or fish
- Include edamame instead of chicken, shrimp or egg in rice dishes
- Use nut butter instead of deli meats in a sandwich
- Incorporate nuts/seeds in your smoothie instead of protein powder

Salt

A diet high in salt can cause kidney stones. This includes salt found naturally in foods, added salt and salt in processed foods.

<p>Eat less than 2000 milligrams (mg) of salt each day.</p> <p>(1 teaspoon = 2300 mg).</p> <p>This includes salt in cooking, at the table, naturally found in foods, condiments, processed and fast foods.</p>	<p>Avoid:</p> <ul style="list-style-type: none">• The salt shaker on the table or in cooking• Frozen, restaurant or fast food meals. Look online and choose options with less than 700 mg of salt• Processed meat or deli meats• High salt cheese like feta, blue cheese or Kraft singles• Pickled vegetables, olives, or sauerkraut
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Here are some strategies for reducing your salt intake:

- Eat fresh and home-prepared foods more often
- Try low sodium or no added salt seasonings (like herbs and spices) to add flavour to food
- Choose low sodium products (with less than 10% Daily Value for sodium) or products labelled “No Added Salt” or “Low Sodium”
- Choose low sodium cheese such as mozzarella, Swiss, or low sodium cottage cheese
- Buy unsalted margarine
- Choose unsalted snacks like nuts, popcorn, crackers

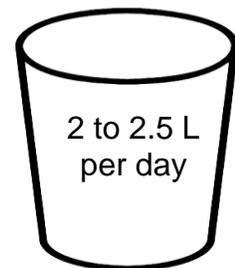
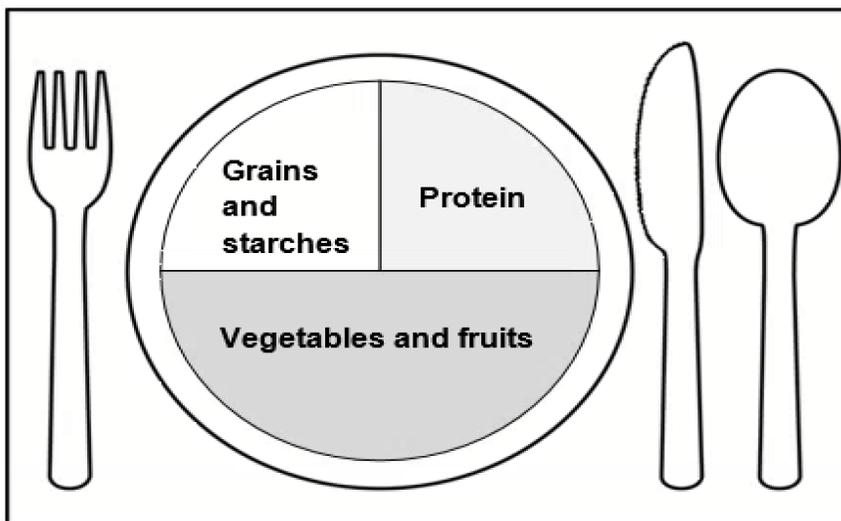
Vegetables and fruit

Vegetables and fruit are a good source of potassium, fibre and magnesium. They can prevent kidney stones from forming. Aim to fill half your plate with vegetables and fruit.

Your plate

Make sure your meals are balanced. In a balanced meal:

- Vegetables or fruit fill $\frac{1}{2}$ of your plate. Try to choose 2 different colours of vegetables at each meal.
- Grains or starchy vegetables fill $\frac{1}{4}$ of your plate. The amount you eat should be no more than the size of your fist.
- Meat, or alternatives such as beans or legumes, fill $\frac{1}{4}$ of your plate. The amount of meat you eat should be no bigger than the palm of your hand and as thick as a deck of cards.



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