



Kidney Stone Diet

The diet to control hypercalciuria is designed to reduce the formation of renal calculi primarily in cases where patients absorb and excrete a greater proportion so dietary calcium than do normal persons. This diet limits the amount of protein, sodium and oxalate to reduce high concentrations of urinary calcium and oxalate. Fluid intake should be increased to produce a urine volume of at least two liters per day. It is suggested to include two liters of water per day in cold weather and three liters per day in warm weather. Calcium intake is slightly modified to avoid excessive dietary intake. To avoid further urinary excretion of calcium, the patient is advised to eliminate use of vitamin supplements containing calcium, vitamin D or large amounts of vitamin C.

Guidelines for Controlling Hypercalciuria

Food Group	Foods Allowed	Foods Not Allowed
Meat & Meat Substitute	3 oz per day of baked, boiled, broiled or fried beef, chicken, fresh water fish, fresh pork, seafood, tuna, turkey, veal or venison; homemade chili, meat pies and stews	Barbecued, cured, salty or smoked meat and fish; bacon, anchovies, canned meat, fish and stews; frankfurters, ham herring, luncheon meats, salt pork, sardines, tamales, pizza, sausages
Eggs	Limit to one a day	Egg dishes prepared with milk products should be limited to one serving per day
Cheese	Soft cheeses	All hard cheeses
Fat	Butter, margarine, vegetable oil and most salad dressing, powdered or liquid non-dairy creamer, non-dairy whipped cream	Salad dressings made with cheese or sour cream, half & half
Starches	Corn, macaroni rice noodles, potatoes and spaghetti; dried beans and peas in moderation	Macaroni and cheese; potato chips, corn chips, tortilla chips, corn pudding, rice pudding
Bread	Biscuits, bread, buns, cornbread, muffins, pancakes, sweet rolls, flour tortillas, waffle, cooked and dry cereals	Salt topped bread, crackers and rolls, corn tortillas
Vegetables & Soups	Fresh and frozen vegetables; homemade soups	Sauerkraut and other vegetables prepared in brine; canned vegetables; all greens, such as turnip, spinach and mustard; cheese soups, canned broth and soups unless low sodium
Fruit	Fresh, canned and frozen fruit, fresh, canned and frozen fruit juice	Dried fruits, tomato and vegetable juice, powdered juices, rhubarb
Desserts	Honey, jelly, jam, marmalade, preserves, syrup; sugar, fruit cobblers and fruit pies; gelatin desserts, white and yellow cake with sugar icing, shortcake, bread pudding (no milk), lemon sauce made with cornstarch; yogurt, frozen yogurt; cookies, vanilla wafers, graham crackers; fruit ices and popsicles	Molasses, chiffon and cream pies, all chocolate, rice pudding, tapioca pudding, all ice creams, ice milk, dietetic ice creams and frozen dairy desserts



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Beverages	Carbonated beverages; coffee, lemonade, limeade, decaffeinated coffee; instant tea, limit milk to no more than 16 oz daily	Milk in excess of 16 oz daily; includes canned milk, eggnog, milkshakes, malted milk, powdered milk and buttermilk, hot chocolate, cocoa mixes and brewed tea
Miscellaneous	Spices, herbs and extracts; unsalted nuts and nut butters, small amounts of meat tenderizer, brown gravy and sauces such as catsup, chili sauce, spaghetti sauce, steak sauce and Worcestershire sauce	Added salt, seasoned salt, monosodium glutamate (MSG), parsley, prepared horseradish and mustard; olives and pickles; salted nuts, walnuts and popcorn; regular peanut butter, soy sauce; cream gravies and white sauce, hollandaise, newburg sauce

Sample Menu Plan to Control Hypercalciuria

Suggested Meal Plan	Sample Meal Plan	Your Menu
Breakfast Fruit or Juice Cereal Meat Bread Margarine/Jelly Milk Beverage	Orange Juice Cooked Cereal Poached Egg Toast Margarine/Grape Jelly 8 oz Low Fat Milk Coffee	
Noon Meal Meat/High Protein Food Starch Vegetables Bread Margarine Fruit/Dessert Beverage	Baked Chicken Baked Potato Sautéed Squash Shredded Lettuce with French Dressing Bread Margarine Angel Food Cake Instant Tea with Lemon	
Evening Meal Meat/High Protein Food Starch Vegetable Bread Margarine Fruit/Dessert Milk Beverage	Baked Fish Buttered Rice Buttered Green Peas Dinner Roll Margarine Sliced Peaches Baked Custard 8 oz Low Fat Milk Instant Tea with Lemon	
Total Milligrams of Calcium	1051 mg	