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## **Dietary Measures to Reduce the Growth of Kidney Stones**

Dietary restriction may restrict your growth of further kidney stones. Steps which you can take are:

1. Maintain excellent hydration with water, including lemonade. You should try to drink 1 ½ to 3 quarts of water daily. This amount of water will cause your urine to have no yellow coloration.
2. Follow a no-added-salt diet; increased levels of salt in the diet can cause increased level of calcium in the urine contributing to stone formation.
3. Avoid protein gluttony. One of the waste products of metabolism of protein is uric acid. Excessive levels of uric acid in the urine can increase your risk of stone formation.
4. Avoid excessive use of dairy products. In general, strict restriction of calcium intake will not decrease your risk of stone formation. We generally need about 1.5 grams of calcium in our diet daily. This is provided by 3 glasses of skim milk. Calcium intake helps prevent Osteoporosis and, therefore, it should not be tightly restricted. However, you should avoid excessive use of high calcium foods.
5. Avoid large amounts of tea, cola drinks, grapefruit juice, and apple juice. Drinking large amounts of these has been found to increase the risk of stone formation. These beverages can be used sparingly, but I would recommend that you avoid using large quantities of any of these.