

## Dietary Recommendations for Kidney Stone Patients

### Foods Recommended

- ✓ **Coconut water** It is high in potassium and magnesium, hence it helps prevent stone formation 
- ✓ **Vegetables** Carrots, Bitter Gourd (Karela) They are rich in minerals which act as stone inhibitors 
- ✓ **FRUITS AND JUICES Bananas** It is rich in vitamin B6, which breakdowns oxalic acid in body and thereby prevents stone formation 
- ✓ **Pineapple Juice** It contains enzymes which breakdown fibrins, thereby preventing renal stone formation 
- ✓ **FIBRES Barley, Oats** They are rich in stone inhibitors 
- ✓ **Almonds** It is rich in potassium and magnesium which act as stone inhibitor 

#### DIETS FOR SPECIFIC TYPES OF KIDNEY STONES

Calcium or Oxalate Stones	Uric Acid Stones	Struvite Stones
Drink 10-12 glasses of water each day	Drink 10-12 glasses of water each day	Drink 10-12 glasses of water each day
Limit high calcium and high-oxalate food. Don't overuse Antacids	Limit high purine foods like meat, beer & wine.	Caused by infections, you must follow your antibiotic regimen and drink lots of water.

### Foods Restricted

- ✗ **VEGETABLES**  
**Tomato, Pains and maranth Greens (Chaulai)** They have high oxalate content which can lead to urinary stones 
- ✗ **Cauliflower, Brinjal, Mushroom** It has high uric acid/purine content which causes stone formation 
- ✗ **Fruits and juices Chikoo and Grapes** They have high oxalate content which can lead to urinary stones 
- ✗ **NON - VEGETARIAN FOOD Mutton, Chicken, Fish, Egg** They have high uric acid/ purine content which causes stone formation 
- ✗ **OTHER Cashew nuts** It has high oxalate content which can lead to urinary stones 
- ✗ **Chocolate/Cocoa, Other chocolate drink mixes, Tea and Coffee.** They have high oxalate content which can lead to urinary stones 

Drink at least **12 Glasses of Water** (2-3 liters per day, preferably soft water, in case of hard water boil sufficiently before drinking)

**Depending on the nature of the kidney stone, your doctor will provide you with information on avoiding certain food that may increase your risk for stones in the future.**