

DIET RECOMMENDATIONS FOR CALCIUM OXALATE STONES



Diet recommendations for Calcium Oxalate Stones

- Increase water intake to more than 3 liters in the day. Water intake should be encouraged even at night before going to bed.
- Avoid cola drinks
- Deficiency of B6 and Potassium leads to stone formation hence foods such as Barley, Potatoes, Wheat Flour, Cauliflower, Banana and other fruits and vegetables should be encouraged.
- Avoid foods high in Oxalic acid such as Tomatoes, Wheat germ, Spinach, Amarnath, Carrots, Peas, Bhindi, Sweet Potato, Beet, Strawberries, Raspberries, Amla, Almonds, Cashewnuts, Gingely seeds, Cocoa, Tea, chocolates.
- Vitamin C supplements are to be avoided.
- Salt intake to be restricted. Avoid high sodium rich foods such as papad, pickles, tamarind etc.
- Sugar to be restricted.
- Fibre to be encouraged in the diet. High fiber foods such as sweet corn, fruits and vegetables.
- Avoid animal protein foods and consume more of vegetarian proteins as they make the urine alkaline.
- Avoid alcohol and caffeine.



Krishna
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Unlimited Care...

E a t f o r b e t t e r h e a l t h

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