







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 

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 

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.

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.