

Dietary chart for patients with urinary stones & their prevention

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Foods Recommended

Vegetables

Carrots, Bitter Guard (Karela)
They are rich in minerals which acts as stone inhibitors



Fruits and juices

Coconut water:

It is high in potassium and magnesium, hence prevents stone formation



Bananas:

They are rich in vitamin B6, which breaks down oxalic acid in the body and thereby prevent stone formation



Lemon:

It is rich in citrates, thereby prevents calcium oxalate stone formation



Pineapple juice:

It contains enzymes which breakdown fibrins, thereby preventing renal stone formation



Fibers

Barley, Oats:

They are rich in magnesium thus prevents stone formation



Almonds:

They are rich in potassium and magnesium which act as stone inhibitors.



Diets For Specific Types Of Kidney Stones

Calcium or Oxalate stones	Uric Acid Stones	Struvite Stones	Cystine Stone
Drink 10-12 glasses of water daily	Drink 10-12 glasses of water daily	Drink 10-12 glasses of water daily	Drink 10-12 glasses of water daily
Restrict the intake of high calcium like dairy products and high-oxalate foods like colas, peanuts, chocolate. Don't overuse Antacids	Restrict the intake of high purine foods like meat, vegetables, beer, wine	Caused by infections, you must follow your antibiotic regimen and drink lot of water	Restrict the intake of fish (it is high in methionine)

Foods Restricted

Vegetables

Tomato, Palak and Amaranth 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



Custard Apple:

It has high uric acid/ Purine content which causes stone formation



Non-Vegetarian food

Mutton, Chicken, Fish, Egg

They have high uric acid / purine content which causes stone formation



Others

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 adequately before drinking