



# DIETARY RECOMMENDATION IN THE MANAGEMENT OF UROLITHIASIS (URINARY STONES)



**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version






















**DRINK 2- 3 LITERS OF WATER EACH DAY.**

Foods with high oxalate content encourage oxalate stone formation, the most common type of renal stone. Limiting the level of urine oxalate reduces the risk of forming renal stones

**DIETS FOR SPECIFIC TYPES OF KIDNEY STONES TO BE REDUCED OR LIMITED**

Calcium Oxalate Stones	Calcium Phosphate Stones	Uric Acid Stones	Struvite Stones	Cystine Stones
Limit high - calcium foods like dairy products and high oxalate foods like, colas, spinach, amaranth, sweet, tomato seeds, cucumber, gooseberry, Gingly seeds, cashew, potato, beef, pork, peanuts, chocolate etc.	Dairy products, egg yolks, meat, Nuts (Low Salt Diet).	Limit high - purine foods like meat, fish, poultry, organ meats, green peas, spinach, beer, wine, brinjal, pumpkin, mushroom, mackerel, sardine, cauliflower, milk products etc.	Caused by infections. Follow your antibiotic regimen and drink lots of water.	Limit intake of fish, meat, chicken, beef, pork (it is high in methionine). Make fluid intake part of daily routine. Ingestion of vegetables and fruits high in citrate and malate such as melons, limes, oranges and fresh tomato juice may help alkalinize the urine.

**FOODS TO EAT AND AVOID**  
Kidney Stones are directly related to our diet

TAKE MORE OF		TAKE LESS OF	
 Water	 Corn silk	 Leafy Vegetables	 Tomato
 Lemon	 Carrot	 Groundnut	 Beetroot
 Pineapple	 Banana	 Black Grapes	 Cauliflower
 Coconut Water	 Horse Gram	 Cheese	 Egg Yolk
 Watermelon	 Barley	 Beans	 Fish



PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

We'll Treat You Well

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