



Robert Smith D.O. Jobinson Thomas M.D. Patrick Chua M.D. Arjun Sekar M.D. Prem Chandran M.D.

DIETARY PREVENTION OF CALCIUM OXALATE STONES

- Reduce consumption of foods that are high in oxalate.
- Be sure to drink plenty of water.
- There is no need to lower calcium intake in diet (recommended daily calcium intake is 1000-1200mg/day)
- Following a low sodium diet is beneficial for prevention of kidney stones
- Avoid high dose vitamin C (restrict to less than 90 mg/day)
- Limit fructose intake (commonly seen in sodas)

Foods rich in oxalate include but not limited to:

Drinks/Miscellaneous	Vegetables	Fruits
Tea	Beans (baked, green, dried, kidney)	Berries (blackberries, Blueberries, Raspberries, Strawberries)
Coffee	Beets	Rhubarb
Chocolate	Carrots	Figs
Soy milk	Celery	Tangerines
Nuts	Eggplant	Lemon and Lime peel
Sesame seeds	Olives	
	Potato/Sweet potatoes	
	Spinach/Kale/Collards/Rhubarb	
	Zucchini	