



6 Effective Ways TO REDUCE KIDNEY STONES

2 DECREASE SALT INTAKE

Try to limit daily salt intake to less than 2,300 mg a day and avoid processed foods that can contain a lot of salt.

3 INCREASE CALCIUM IN YOUR DIET

Try to have 3 servings of dairy a day during your meals. 1,000 to 1,200 mg of calcium a day reduces kidney stone formation.

4 MODERATE YOUR PROTEIN INTAKE

Try to decrease consumption of protein such as red meat, chicken, and fish to 1 gram per kg of your body weight.

5 DECREASE OXALATE INTAKE

Try to avoid eating foods high in oxalate like spinach, nuts, and chocolate.



1 INCREASE FLUIDS

Try to drink 2 to 3 liters or about 8 to 12 glasses of water a day.

6 INCREASE FRUITS AND VEGETABLES IN YOUR DIET

A well balanced diet including fruits and vegetables helps replenish potassium, citrate, and fiber which can help reduce formation of kidney stones.

<https://www.mededmaterials.org>

Source: <https://www.kidney.org/atoz/content/diet>