

# Kidney Stones and Nutrition

## What are kidney stones?

**Kidney stones** are pebble-like pieces that can form in your kidneys. They can form when there are high levels of certain minerals in your urine (pee).

## How to prevent kidney stones:

You can prevent more kidney stones by making a few changes to your eating habits.

### Here are some changes you can make:

**Drink more water.** Staying hydrated can help prevent kidney stones. Try to drink 8-10 8-ounce cups of water each day.

**Limit your sodium (salt) intake.** Look for foods that say 'low sodium' or 'salt free'.

**Limit protein from animal products.** Instead, try plant-based proteins, such as:

- Legumes, such as beans, dried peas, and lentils.
- Soy foods, such as soy milk, soy nut butter, and tofu.

**Consume some calcium.** Talk with your CHN doctor and nutritionist to know how much calcium you should eat.

**Calcium oxalate stones** are caused by too much oxalate in the urine (pee). Oxalates are natural substances found in food. Your body uses oxalates for energy. When your body is done with the oxalates, they will leave your body when you pee.

For calcium oxalate stones, you should watch for foods with oxalates. Here are a few foods to limit:

- Nuts and nut products
- Peanuts
- Rhubarb
- Spinach
- Wheat bran

**Make sure to talk with your CHN doctor or nutritionist about which type of kidney stone you have.**

