Kidney stones can form due to one or all of the following:

1. Low fluid Intake
2. Low citrate in the urine
3. Too much salt, oxalate, and animal protein

The following dietary changes may decrease your risk of forming stones.

1. **Increase your fluid intake to around 2.5 - 3 liters per day.**
   Diluting the urine hinders the formation of stones. You should drink enough fluid to make 2 liters of urine a day. You know you are drinking enough fluid if your urine is clear.

2. **Decrease your salt intake to less than 2000mg/day**
   This will decrease the amount of calcium excreted in your urine.
   - Eat more fresh or frozen vegetables instead of canned
   - Eat less processed meats
   - At restaurants request your food to be prepared without salt or high sodium seasoning

3. **Limit the amount of Oxalate containing foods in your diet to 50mg per day.**
   This will decrease the amount of oxalate excreted in your urine.
   - Nuts
   - Peanut Butter
   - Chocolate
   - Spinach
   - Rhubarb
   - Tea
   - Black Pepper
   - Strawberries
   - Tofu

4. **Limit the amount of animal proteins in your diet to less than 15 oz per day.**
   This will decrease the amount of uric acid excreted in your urine.
   - Fish
   - Liver
   - Chicken
   - Red Meat – no more than 3 servings per week

5. **Increase the amount of citrate in your diet.**
   This will decrease the amount of calcium in your urine.
   - 1/2 cup concentrated lemon juice to 2 quarts of water. Sweeten to taste.