

REDUCING THE RECURRENCE OF URINARY STONES

- **Drink water throughout the day.** For people with a history of kidney stones, it is recommended to produce upwards of 2.5L of urine per day. If you live in a hot, dry climate or you exercise frequently, you may need to drink >2.5L of water to produce enough urine. If your urine is light and clear, you're likely drinking enough water.
- **Eat fewer oxalate-rich foods.** If you tend to form calcium oxalate stones, it is recommended that you restrict foods rich in oxalates. These include rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, tea, chocolate and soy products.
- **Choose a diet low in salt and animal protein.** Reduce the amount of salt you eat and choose nonanimal protein sources, such as legumes.
- **Continue eating calcium-rich foods, but use caution with calcium supplements.** Calcium in food doesn't have an effect on your risk of kidney stones. Continue eating calcium-rich foods unless your doctor advises otherwise. It is not advisable to take calcium supplements, as these have been linked to increased risk of kidney stones. You may reduce the risk by taking supplements with meals
- **Continue eating fruits, vegetables and fibres.** Fruit and vegetable intake are encouraged because of the beneficial effects of fibre. The alkaline content of a vegetarian diet also increases urinary pH and can reduce stone recurrence rates.
- **Weight loss.** Obesity is an independent risk factor for recurrent stone formation. A BMI of <25 should be aimed for.