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General Dietary Recommendations for the Prevention of Stones

1. **Increase overall fluid intake.** Goal should be drink enough fluids to urinate more than 2 liters of urine per day.
2. **Decrease protein intake.** Excess protein intake can contribute to both uric acid and calcium based stones. Limit intake to 6-8 ounces of beef, pork, poultry or fish per day.
3. **Decrease salt intake.** Excess salt intake can cause extra calcium to enter into the urine and thus lead to stone formation.
4. **Increase "Citrate" intake.** Citrate is commonly found in lemons. Adding lemon juice to your fluids or drinking fresh lemonade can help inhibit the formation of stones
5. **Consume adequate calcium.** Contrary to popular belief stone formers should NOT restrict their calcium intake. It is encouraged that you eat 2 servings of calcium rich foods daily.
6. **Decrease Oxalate Intake.** If you form calcium oxalate stones it is essential you limit your oxalate intake. Oxalate containing foods include spinach, rhubarb, beets, chocolate, peanuts and teas. For a more comprehensive list of foods please refer to our low oxalate diet form.