



# NUTRITION CORNER



From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

## Kidney Stones - What are they?

The painful kidney stone begins as a tiny crystal and as time goes by builds up into a bigger and more solid mass. The formation of kidney stones occurs when the urine contains an increase of more crystal-forming material like calcium, uric acid, and oxalate with inadequate fluid in the urine to dilute.

### What are the symptoms?

1. Pain in the back, belly, or side
2. Pain or burning during urination
3. Urgent need to go
4. Blood in the urine
5. Cloudy or smelly urine
6. Small amount of urine at a time
7. Nausea and vomiting
8. Fever and chills

Calcium oxalate is the most common type of kidney stone. Many individuals can benefit from reducing their intake of high oxalate containing foods. Your physician will inform you if oxalate is elevated in your body.

### How to avoid kidney stones:

1. **Consume fewer high-oxalate foods:** spinach, bran flakes, rhubarb, beets, potato chips, French fries, nuts, and nut butters
2. **Increase the amount of calcium in your diet:** calcium reduces the amount of oxalate the body absorbs so stones are less likely to form. Consume 2 to 3 servings of rich calcium foods or beverages daily such as milk, yogurt, or cheese.
3. **Limit vitamin C in the diet to one serving daily:** oxalate is a product of Vitamin C or ascorbic acid metabolism. Increased intake of Vitamin C can increase oxalate creation.
4. **Drink, Drink, Drink:** Diluting the urine helps reduce crystal formation. Consume 8-10 glasses daily with at least 5 of them being water. Your Registered Dietitian can help you determine the amount that is most appropriate for you.
5. **Consume enough protein daily:** Daily needs are generally met with 2-3 servings a day (4 to 6 ounces). Consuming more than this puts you at risk of developing kidney stones needlessly.
6. **Sodium reduction:** Reduce the amount in your diet to 2000 mg per day. Limit fast and processed foods, deli meats, sauerkraut, pickles, and canned products.

**PLEASE consult with your physician if you have concerns regarding kidney stones and remember your Registered Dietitian is always available.**

For information on the Home Delivered Meal Program or Meal Cancellation Call Gateway Hudson Valley: 331-2496

For information on OFA's Community Cafés Call: 331-2180

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