

Diet for the prevention of Ca Oxalate stones

1. Fluids

- a. 8-10 glasses of water. 6 glasses minimum

2. Salt and Calcium

- a. Salt
 - i. No salty snacks
 - ii. No canned foods
 - iii. No table salt.
 - iv. Restriction in salt in food
- b. Calcium
 - i. Good amounts
 - ii. Milk and milk products

3. Protein and Oxalate restriction

- a. Proteins
 - i. Meats and eggs restrict
- b. Oxalate decrease or avoid
 - i. Vegetables
 1. Spinach
 2. Sweet Potato
 3. Beet
 4. All beans
 5. Carrots
 6. Cauliflower
 - ii. Fruits and Nuts
 1. Strawberries and other berries
 2. Grapes
 3. Oranges
 4. Plums
 5. Nuts especially cashew nuts and peanuts
 - iii. Tea and chocolates
 - iv. Vitamin C
 1. Restrict to 250 mg/ day if taking supplements