

CALCIUM OXALATE KIDNEY STONES

Calcium oxalate kidney stones account for 80% of kidney stone cases! Dietary factors including increased meat intake, inadequate hydration, low calcium, a high salt diet, and low intake of fruits and vegetables increase kidney stone risk.

HYDRATION RECOMMENDATIONS

Men



13 cups
101 ounces
3 liters

Women



9 cups
74 ounces
2.2 liters

Water is essential not only for hydration, but for optimal digestion, neurological function, muscle contraction, and circulation. The recommendations above include all beverages, not just water!

ALL ABOUT CALCIUM + SODIUM

- Don't reduce the calcium in your diet. Work to cut back sodium and to pair calcium-rich foods with oxalate-rich foods
- The recommended calcium intake to prevent kidney stones is 1,000-1,200 mg/day (This is around 3 servings of dairy products!)
- You can lower your sodium intake by choosing fresh low sodium foods which can help lower calcium leakage in the urine and will also help with blood pressure control if you have high blood pressure. Try to keep sodium intake under 1,500 mg/day

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