

# Nutrition & Kidney Stones

Name \_\_\_\_\_  
Height \_\_\_\_\_ Weight \_\_\_\_\_  
Age \_\_\_\_\_ BSA \_\_\_\_\_  
Nephrologist \_\_\_\_\_  
Dietitian \_\_\_\_\_

## 5 Nutrition Tips

1. Increase fluids.
2. Limit sodium.
3. Enjoy more fruits & vegetables.
4. Choose more plant protein.
5. Know the facts about nutrients and supplements.

## What type of stone?

There are different types of kidney stones. Your doctor may test your child's blood or urine to determine if there is a metabolic abnormality which may be causing the stones.

If your child is suffering from kidney stone disease, this handout will provide diet tips to help. This handout is good for all types of kidney stones. Depending on the particular metabolic abnormality, you may be instructed on additional restrictions if indicated.

## Tip #1:

# Drink more water

**Water intake is the key to preventing stones.**

Your child needs \_\_\_\_\_ mL of fluid every day.

**Daily Fluid Goal: \_\_\_\_\_ cups**

1000 mL = 32 ounces = 4 cups



1500 mL = 50 ounces = 6 cups



2000 mL = 67 ounces = 8 cups



2500 mL = 83 ounces = 10 cup



## Here are some simple tips to encourage your child to stay hydrated:

- Inspire your child to drink more water with brightly colored cups, straws, and re-usable water bottles.
- Have fun with water by adding fruits or cucumbers. Keep cold water in the refrigerator and lemons on the counter to squirt some flavor into your drink.
- Encourage our child to drink enough fluid so that their urine is pale or almost colorless.
- Enjoy sugar-free lemonade – which can help prevent stones.

# Tip #2: Cut back on sodium

Children who eat diets high in sodium are at risk for kidney stones.

## How to limit sodium:

Learning to read food labels can help control sodium intake. Food labels provide information about the amount of sodium and other nutrients per serving. When eating out, ask to see the nutrition information of your child's meal. Be careful to count serving sizes and condiments.

Food labels should be checked for hidden sodium such as: salt, monosodium glutamate (MSG), sodium bicarbonate, disodium phosphate, sodium alginate, and sodium nitrate or nitrite. Ask your dietitian if you have questions about reading food labels.

Foods that contain high levels of sodium should be avoided. These include:

- Fast food and restaurant meals
- Processed meats such as hot dogs, sausage, deli meats, pepperoni, and bacon
- Canned soups and boxed meals
- Packaged and salted snacks
- Salt packets, sauces, and condiments

Sodium Limit: \_\_\_\_\_ mg per day

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	Vitamin C 3%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Tip #3: Eat more fruits & vegetables

Add a fruit or vegetable to every meal. Or enjoy them as snacks. Here are some ideas:

- fresh fruits such as sliced oranges, apples, tangerines, and kiwi
- sugar-free lemonade and fruit popsicles
- strawberries and cool whip for dessert
- unsalted macadamia nuts and dried mango
- celery, peanut butter, and raisins or "ants on a log"
- sliced cucumbers and cherry tomatoes
- green peppers and hummus
- sweet potato fries and no-salt ketchup
- mashed-cauliflower-potatoes
- frozen berries and yogurt



## Tip #4: Choose more plant proteins.

Encourage your child to enjoy more protein from plant foods like beans, peanut butter, veggie burgers, and unsalted nuts. Proteins from plant foods have the added benefit of other nutrients, such as potassium and phytates, that help to prevent stones.

Try these tips:

1. Go vegetarian for lunch or try “Meatless Mondays”.
2. Avoid high-protein fad diets which can lead to high calcium and acidity of the urine.
3. Avoid processed meats such as bacon, sausage, and hot dogs. These foods lack nutrients and are generally high in sodium.



BLACK BEAN  
BURGER



CHICKPEAS



PINTO BEANS



ALMONDS



PEANUT BUTTER

## Tip #5: Know the facts about nutrients and supplements

Your doctor may prescribe a vitamin supplement. It is important that your child takes this only as prescribed and visits the doctor to monitor blood levels regularly.

**Always talk to the nephrologist before giving your child a vitamin or supplement.**



**Calcium** supplements should be taken with food. It is best to take when eating a meal. Calcium-rich foods do not cause kidney stones. In fact, a diet that is rich in calcium can help protect against calcium-oxalate stones. Talk to your dietitian about how much calcium is recommended for your child. Choose a variety of sources such as yogurt, dairy, almond or soy milk, fortified orange juice, cooked greens, cheese, and tofu.

**Vitamin C** (ascorbic acid) may be prescribed for children at risk for urinary tract infections. Avoid giving your child vitamin C unless instructed to do so by your physician. **Supplements can be harmful if taken in excess** and are generally *not* recommended for children with calcium oxalate stones. Daily requirement of vitamin C for children aged 4-18 years is 25-75 mg.

Food	Vitamin C per serving (mg)
Red pepper (1)	150
Broccoli (1 cup, cooked)	100
Strawberries (1 cup)	90
Orange (1)	70
Apple (1)	9



Encourage your child to eat a rainbow of fruits and vegetables.

A large yellow rectangular area containing ten horizontal orange lines, intended for writing notes or observations.