

Diet for Calcium Oxalate Stones

Reduce oxalate

If you've had calcium oxalate stones, you may want to avoid these foods to help reduce the amount of oxalate in your urine:

- nuts and nut products
- peanuts—which are legumes, not nuts, and are high in oxalate
- rhubarb
- spinach
- wheat bran

Reduce sodium

Your chance of developing kidney stones increases when you eat more sodium. Sodium is a part of salt. Sodium is in many canned, packaged, and fast foods. It is also in many condiments, seasonings, and meats.

See tips to reduce your sodium intake.

Limit animal protein

Eating animal protein may increase your chances of developing kidney stones.

A health care professional may tell you to limit eating animal protein, including

- beef, chicken, and pork, especially organ meats
- eggs
- fish and shellfish
- milk, cheese, and other dairy products

Although you may need to limit how much animal protein you eat each day, you still need to make sure you get enough protein. Consider replacing some of the meat and animal protein you would typically eat with beans, dried peas, and lentils, which are plant-based foods that are high in protein and low in oxalate.

Get enough calcium from foods

Even though calcium sounds like it would be the cause of calcium stones, it's not. In the right amounts, calcium can block other substances in the digestive tract that may cause stones. Talk with a health care professional about how much calcium you should eat to help prevent getting more calcium oxalate stones and to support strong bones. It may be best to get calcium from low-oxalate, plant-based foods such as calcium-fortified juices, cereals, breads, some kinds of vegetables, and some types of beans. Ask a dietitian or other health care professional which foods are the best sources of calcium for you.

Tips to Reduce Your Sodium Intake

Most people consume too much sodium. Adults should aim to consume less than 2,300 mg a day [External link](#).³ One teaspoon of table salt has 2,325 milligrams (mg) of sodium. If you have had calcium oxalate or calcium phosphate stones, you should follow this guideline, even if you take medicine to prevent kidney stones.

Here are some tips to help you reduce your sodium intake:

Check the Percent Daily Value (%DV) for sodium on the Nutrition Facts label found on many foods. Low in sodium is 5% or less, and high in sodium is 20% or more.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- Consider writing down how much sodium you consume each day.
- When eating out, ask about the sodium content in the food.
- Cook from scratch. Avoid processed and fast foods, canned soups and vegetables, and lunch meats.
- Look for foods labeled: sodium free, salt free, very low sodium, low sodium, reduced or less sodium, light in sodium, no salt added, unsalted, and lightly salted.

Check labels for ingredients and hidden sodium, such as

- sodium bicarbonate, the chemical name for baking soda
- baking powder, which contains sodium bicarbonate and other chemicals
- disodium phosphate
- monosodium glutamate, or MSG
- sodium alginate
- sodium nitrate or nitrite