**KIDNEY STONES**( Stones develop in the kidneys when high concentrations of chemicals form tiny crystals in urine and then start sticking together to form a growing stone).

## LIMIT ANIMAL PROTEIN(4-6 OUNCES)

(Proteína de animal no más de 4-6 onzas) including beef, chicken, and pork, especially organ

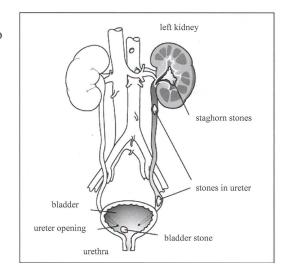
eggs

fish and shellfish

cheese, and other dairy products

**REDUCE SALT.** Too much salt in your diet increases calcium excreted in your urine. (Reduzca el consumo de sal)





**AVOID** Sodas and Sugar-sweetened drinks containing fructose are known to increase the excretion of calcium, oxalate, and uric acid. (Evite las soda (colas)

**STAY HYDRATED** Drinking enough liquid, mainly water, is the most important thing you can do to prevent kidney stones. 8 to eight, 12-ounce glasses a day. **ADD LEMON OR LIME TO WATER** Citric acid is a plant compound that may help prevent kidney stones from forming. Citrus fruits are great dietary sources. (Manténgase Hidratado 8-12 onzas de agua al día, Agregue lemon)

FOLLOW THE DASH DIET The Dietary Approaches to Stop Hypertension (DASH) diet is linked to a reduced risk for kidney stones. It emphasizes fruits and vegetables, low-fat dairy foods, dietary fiber, whole grains, and limited added sugar. (5 -6 SERVING OF FRUITS AND VEGGIES DAILY) (Siga la dieta DASH es alta en vegetales, baja en grasa y limita el azucar)

Foods high in oxalate can be problematic for some people. However it is not necessary for all stone-forming people. Your Dr. Will advise you if you need to limit high oxalate foods. (evite las comidas altas en oxalato solo si es dirigido por su doctor)