

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)

PIZZA , CHIPS ,BAKED GOODS, ETC

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 azúcar)

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)



