



Kidney Stone Diet: Eat to Prevent Kidney Stones

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Having a kidney stone is a memorable experience – but not a pleasant one. There’s a reason why people liken the pain to prolonged natural childbirth. As physicians, we’ve heard people describe the pain of kidney stones as the worst they’ve ever experienced. To make matters worse, once you’ve had one kidney stone you’re at higher risk for another one. Research shows diet plays a key role – what you eat and what you drink – impacts your risk for kidney stones. We’ve seen this play out in clinical practice. Yes, it's possible to eat to prevent kidney stones.

In this book, we keep things simple. First we talk about the basics – what kidney stones are, who gets them and why. Then we get to the “meat” of the book – the role of diet and what to eat and drink to lower your risk for getting kidney stones. We’ve seen patients benefit by following these dietary guidelines and we're confident they can help you too. Here’s a sampling of what you’ll learn:

Should you get more or less calcium in your diet? Are calcium supplements safe if you’ve had a kidney stone in the past?

An ingredient in many packaged foods and foods you get from fast food restaurants and sit-down restaurants that increases kidney stones and kidney stone recurrences.

What to drink and not drink if you’ve had kidney stones. It matters! You’ll also learn about a good-tasting beverage that can lower your risk for kidney stones

Should you avoid foods high in oxalates?

What about protein? Is plant-based protein better than animal protein for preventing kidney stones?

Are some forms of fat better than others? Why eating low fat won’t lower your risk for kidney stones

Two minerals that may lower your kidney stone risk

Are there supplements that can lower your risk?

Lifestyle changes that lower your risk for kidney stones

And more

We’ve combined our clinical knowledge and experience with patients to bring you this book. We’re hoping it’ll help you cut through the internet myths and confusion about what to eat and drink if you want to prevent kidney stones. Here's to a life free of kidney stones!

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