

KIDNEY STONE DIET Goals

Practice these Kidney Stone Diet fundamentals
and reduce your risk of new stones.

FLUIDS

3

liters/day

SODIUM

1,500

mg/day

SUGAR

(ADDED)

25

g/day

WOMEN

38

g/day

MEN

CALCIUM

1000

mg/day

MEN + WOMEN

1200

mg/day

Postmenopausal
Women

OXALATE

100

mg/day

MEAT PROTEIN

0.8-1.0

gm/kg/day



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