



Dietary rules and urinary stones

Bad dietary habits are a major cause of calcium, oxalate and uric stones. Dietary management involves both drinks and food.



Drinks

- It is most important to drink in sufficient quantities.
- This dilutes your urine and reduces the risk of stones.
- You are drinking enough if you produce 2 litres of urine per day.

How much should you drink?

- 2 litres per day, or more if it is a warm day or you undertake a sports activity.

When should you drink?

- Every day, taking a drink regularly throughout the day.
- Including at night before going to bed.
- And during the night if you wake up.

What should you drink?

- All liquids are allowed: tap or bottled water, coffee, herbal tea, etc.
- The quantity of drinks is more important than the quality.
- Two glasses of freshly squeezed orange juice are recommended.

Which drinks should be consumed in moderation?

- Tea that is too strong, drinks that contain high amounts of sugar or salt, milk, beer.
- Alcohol.

By way of example, the calcium content in some types of water is as follows (see www.aquamania.net for a complete list)

Type of water	Calcium content mg/litre
Volvic®	10
Evian®	78
Spring water	10 to 120
Perrier®	150

Type of water	Calcium content mg/litre
Mains water*	30 to 120
Badoit®, Vittel®	160 - 202
Contrex (Contrexéville)®	451
Hépar®	600



Food

It is not a question of going on a diet but of adjusting your dietary habits.

Too much calcium, salt, sugar, animal protein, oxalate and uric acid can increase the risk of stones.

Calcium intake

- Calcium comes from water and dairy products.
- You should aim for a balance - neither too much nor too little calcium.
- Your intake should be anything from 800 mg to 1 gram per day.
- It is recommended that you have **2 to 3 portions of dairy products per day** depending on the calcium content of your water (see table).
- 1 glass of milk (15 cl) = 1 yoghurt = 100 g of cream cheese.

In real terms, calculate and then choose accordingly

- If you drink 2 litres of water that is low in calcium (less than 20 mg/l), you should consume around 800 mg of calcium in the form of dairy products.
- If you drink 2 litres of water that is high in calcium (more than 400 mg/l), you should limit your dairy intake.

Salt intake

- Too much salt in your food will increase the amount of salt in your urine which can increase the amount of calcium excreted in your urine.
- You should limit your intake of foods and meals that are too salty (cured meats, fast food, ready meals).
- Never add salt at mealtimes.

Uric acid intake

- You should limit your intake of foods that contain uric acid: cured meats, offal (sweetbreads, kidneys, brain, liver, etc.), certain types of fish (herring, tuna, trout, sardines in oil, anchovies, etc.) and seafood.
- Eat fruit and vegetables regularly.

Dairy products	Calcium content in mg/100 g
The following cheeses: goat's cheese, Munster, Coulommiers	200 - 250
Camembert, Blue	450
Roquefort, Cantal	600 - 700
Gouda, Edam, Comté, Gruyère	900 - 1000
Emmental, Parmesan	1200

Dairy products	Calcium content in mg/100 g
Petits suisses	100
Full cream or semi-skimmed milk	120
Brie, goat's cheese, cream cheese	120 - 160
Ice cream	150
Yoghurts	150

- Note: in the event of uric acid stones, your doctor can recommend alkaline water that is rich in bicarbonates.

Animal protein intake

- Animal protein is found in meat, fish, cured meats and poultry 100 g of meat corresponds to 100 g of fish.

- You should not eat more than 150 g of meat or fish per day. Easiest is to have just one meal containing animal protein per day.

Oxalate intake

- Foods that are high in oxalate should be eaten in moderation, particularly chocolate and cocoa.
- But also peanuts, walnuts, hazelnuts, almonds, asparagus, beetroot, rhubarb, spinach, sorrel, tea, figs.
- Vitamin C in large quantities (500 mg to 1 g tablets) is not advised.



In short

Drinks: 2 litres per day, throughout the day and night + 2 glasses of orange juice

Calcium: 800 to 1000 mg per day

Protein: No more than 150 g of meat or fish

Salt: Never add salt at mealtimes

Oxalate: Avoid foods that are high in oxalate: chocolate, cocoa and peanuts

Uric acid: Avoid cured meats, offal and game

Sugar: Avoid sweets, pastries and fizzy drinks

- Take regular physical exercise
- Avoid excessive calories
- Vary the food you eat and make sure you include fibre (fruit and vegetables)

These dietary rules are simple

You should follow them all your life

They are more effective if you drink more than 2 litres of water per day

They significantly reduce the risk of recurrence

Following these dietary rules will also reduce the risk of arterial hypertension, diabetes and obesity

**DRINK, DRINK AGAIN,
EAT LESS
and EAT BETTER**



This will reduce the risk of you getting stones or of stones reappearing



This info sheet has come from your doctor

Doctor's stamp



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Dietary & rules urinary stones

- Bad dietary habits are a major cause of urinary stones
- Dietary guidelines for drinks and food

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