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## KIDNEY STONES: Dos and DONTs

### GENERAL TIPS

- Drink >2.5-3 litre of fluids daily (12 glasses of water or more)
- Reduce the amount of animal protein (chicken, pork, fish & eggs)
- Consume a low salt diet
- Consume normal amounts of calcium (Dont restrict calcium)

### FOODS RECOMMENDED

Rich in Minerals-

Potassium, Magnesium

Coconut Water

Almonds

Barley

Oats

Carrots

Bitter gourd (karela)

Rich in Vit. B6

Bananas

Rich in Citrates

Lemon

Orange Juice

Mausambi

Pineapple Juice

### FOODS TO BE AVOIDED

Rich in Oxalates

Tomato

Spinach

Amarnath greens (Chaulai)

Chikoo, Grapes

Cashew Nuts, Peanuts

Chocolates

Beets,

Sweet Potato

Tea, Coffee, chocolate drinks

Rich in Uric Acid

Cauliflower

Brinjal

Mushroom

Custard Apple (Shareefa)

Beer, Wine

Your doctor will run tests to find out what type of stones you form. From these, the doctor can determine which diet changes may be right for you.

*Note: This is for general information only. Please talk to the doctor for specific advice and instructions.*

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