# Dietary Recommendations for Preventing Calcium Oxalate Stones

By reducing the concentrations of oxalate and calcium in your urine and paying attention to your diet, you can lower the risk of forming new stones in the future.  
  
The following dietary guide will help you achieve this goal:

## 1. Increase Fluid Intake

- Consume 8 glasses of non-alcoholic and caffeine-free fluids daily.  
- Increase the amount of water you drink with meals to reduce the risk of stone formation.  
- The color of your urine is a good indicator of concentration; it should be light yellow.

## 2. Limit Protein Intake

- Excess protein intake can increase calcium and oxalate levels in your urine.  
- Recommended adequate protein intake:  
 a) 2 servings of dairy products daily (e.g., 1 cup of milk/yogurt or 30g of cheese per serving).  
 b) A maximum of 5 servings of red/white meat products per day.

## 3. Avoid Foods High in Oxalates

## 4. Reduce Sodium Intake

- Excessive dietary sodium increases calcium levels in urine.  
- Avoid adding salt to your meals.  
- Check labels on packaged foods; if an item contains more than 250mg of sodium, it is harmful to you.  
- The more processed a food is, the higher its salt content.

## 5. Avoid Supplemental Vitamin C

- There is no harm in consuming foods rich in vitamin C, but taking additional vitamin C supplements can increase oxalate levels in your body.

## 6. Calcium Restriction is Unnecessary

- Low calcium intake can weaken bone structure.  
- Low calcium levels increase oxalate absorption from your intestines.

# Allowed Foods vs. Prohibited Foods

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| Allowed Foods | Prohibited Foods |
| Light tea, 1 glass (200ml) of milk or yogurt per day | Dark tea, coffee, cocoa, all carbonated drinks, alcoholic beverages |
| Up to 90g (3 meatball-sized portions) of beef, lamb, chicken, or fish | Offal (liver, brain, kidney, heart, etc.), game (pheasant, rabbit, partridge, etc.), seafood, canned fish |
| 30g (one matchbox-sized piece) of white or cheddar cheese, unlimited egg whites | Cheese and eggs beyond the allowed amounts, other types of cheese |
| All vegetables except prohibited ones | Sweet potato, Swiss chard, spinach, green beans, green onions, peppers, cabbage, tomatoes, beetroot, celery, parsley, carrots, turnip, leek, eggplant, okra, squash, cauliflower |
| All fruits except prohibited ones | Grapes, plums, grapefruit, strawberries, raspberries, blackberries, oranges, lemon peel, tangerines, bananas, all dried fruits |
| White bread made from refined flour, cornmeal, starch, rice, pasta, spaghetti, vermicelli | Whole grain bread, crackers, rye bread, oats, bran, semolina, pastries with milk, bulgur, legumes |
| Soups made with permitted ingredients (milk/yogurt used must be counted from the daily allowance) | Soups with milk or yogurt |
| Sugar, honey, jam, marmalade, jelly desserts, fruit ice cream, fruit desserts without milk | Chocolate, molasses, desserts outside the allowed list |
| All | - |
| Salt, black pepper, pickles, vinegar, tomato paste, spices | Nuts, gelatin |