

Dietary Advice for Patients Who Form Kidney Stones

Standard recommendations to avoid developing another stone are to:

- *increase your fluid intake and avoid dehydration;*
- *moderate salt and animal protein intake;*
- *ensure a good daily intake of fruit and vegetables, with a focus on lemons, limes, oranges and melons; and*
- *ensure regular calcium intake with meals, either as dairy or as a calcium powder supplement.*

In addition, to further reduce risk of recurrent stone formation, consider:

- *daily vitamin B6 supplementation; and*
- *daily potassium citrate.*