

MURDOCK UROLOGY ASSOCIATES

Myron I. Murdock, M.D. F.A.C.S.

Jonah D. Murdock, M.D., Ph.D.

GENERAL STONE PREVENTION DIET

Hydration is #1

- 1) Please have a 12-ounce beverage of choice with each meal, AND
- 2) In between meals, 3 times per day (morning, afternoon, dinner)
 - a. Drink 20 ounces of water with 2 ounces of lemon juice OR
 - b. 20 ounces of lemonade

Calcium (milk, ice cream, cheese, yogurt)

- * Dairy is the main dietary source of calcium
- * Examples: 1 serving = 6 to 8 ounces
- * Low fat has as much calcium as whole
- * Harder cheese has higher amounts of calcium
- * Best of have dairy serving along with meals
- * Avoid late night milk or ice cream snacks



Protein (meat, chicken, fish)

- * Decrease animal protein to 8 to 10 ounces per day
- * Have a “Vegetarian Day” once a week

Salt

- * Decrease salt in diet
- * Avoid foods with high salt content (examples: canned soups, potato chips, cured meats)

Oxalates

- * Do not consume excessive amounts of oxalates (don’t binge!)
- * 6 servings a day is okay

FOODS HIGH IN OXALATES

FRUITS	VEGETABLES	NUTS	OTHER	BEVERAGE
Blackberries	*Asparagus	Almonds	*Chocolate	Cocoa
Cranberries	*Rhubarb	Peanuts	*Peanut butter	Tea
Blueberries	*Spinach	Pecans	Wheat germ	Ovaltine
Concord grapes	*Broccoli	Cashews	Pepper (>1 tsp/day)	Beer
Raspberries	Green beans	Walnuts	Tomato soup	Cola
Fruit cocktail	Beets	(all nuts)	Sardines	Beverages
Currents	Swiss chard		Poppy seeds	Cranberry juice
Figs	Endives		Gelatine	
Oranges	Collards			
Plums	Okra		Do not exceed	
Apples	Eggplant		1000mg/day of	
Pears	Sweet potatoes		vitamin C	
Pineapples	Parsley			
Juices:	Brussel sprouts			
Orange	Turnip greens			
Tomato	Lettuce			
Grape	Lima beans			
1 glass of juice	Corn			
= one serving	(*dark green = higher in oxalates)			