

Name:

Date:

Issued by:

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Diet and Fluid Management for People with High Urinary Levels of Calcium and Oxalate - Simple Guidelines

Your doctor has informed you that you have high levels of calcium and oxalate in your urine. This may cause kidney stones to form.

This diet information sheet provides you with a few simple tips to lower the undesirable levels of calcium and oxalate in your urine. If the problem persists, your doctor will refer you to see a dietitian for further assessment and dietary management



The simple rules are:

Fluids:

- Drink plenty of fluids each day to dilute the urine, so that your urine is as clear as water. You may need to drink about 2.5 litres of fluids per day (or more as advised by your doctor).
- Water is the best. Limit sweet drinks, alcohol, tea, coffee (also see next page)
- Make sure you drink regularly during the day, about 200 ml or a glass of fluids hourly when you are not sleeping, rather than a large amount all at once.
- Hints: Measure out the fluids that you need in a bottle or a jar, and use up the required amount throughout the day.

Calcium:

- Having enough calcium in your diet decreases oxalate in the urine. This is because calcium binds oxalate in the small intestine, so that less of the oxalate will be absorbed into your blood and subsequently passes into the urine
- It is recommended that you need to consume adequate calcium/dairy products each day to keep your bone strong and to limit the oxalate absorption. A healthy intake of calcium requires 3-4 servings of the following per day, one serve is:
 - 250 ml of milk OR
 - 1 tub (200g) of yoghurt OR
 - 1 serve of cheese (40g)

Choose low fat varieties if you need to lose weight.



Oxalate:

Oxalate is found in a wide variety of food and drinks. To lower the oxalate in your diet,

AVOID the following:

Vegetables	Fruit	Drinks/ Beverages
Spinach* Rhubarb* Leeks* Okra* Sweet Potatoes* Beetroot Carrots Chives, Dill Green beans Parsley (also Tabouli) Sorrel * (very high in oxalate)	Berry fruits (e.g. blackberries, blueberries, cranberries, gooseberries, kiwi, raspberries, red currants strawberries) and their juices Grapes Tangerines	Beer Draft Chocolate drinks (e.g. Ovaltine, Milo, Aktavite) Cocoa Cola drinks (e.g. Coca Cola, Pesi) Coffee powder (instant) Tea leaves (brewed)
Others		
Baked Beans Chocolate Fruitcake Nuts Sardines Seeds	Soya bean curd (Tofu) Soya bean cracker/ snacks Wheat bran Wheat germ	Vitamin C tablets Vitamin D tablets

☺ Limit weak tea or coffee to no more than 2 cups per day. Try to drink them with milk.

Salt /Sodium:

A diet high in salt/sodium causes calcium loss from your bones, and losing more calcium into the urine. It is important to limit salt and salty foods in your diet.

Helpful hints to reduce your salt/sodium intake:

- ☺ Avoid the use of salt in cooking.
- ☺ Do not add salt to your meals.
- ☺ Add herbs, spices, lemon juice, pepper, ginger, garlic and wine to cooking instead of salt for extra flavour.
- ☺ Avoid salty, processed and convenience foods.
- ☺ Read food labels and be aware of the salt (sodium) content of food.



Healthy Eating:

You may need to follow this diet long term. It is important that your diet is healthy and well balanced.