

## Stone Disease and Diet Modifications

### **Foods Highest in Purine**

150 - 825 mg./100 gm.

Sweetbreads 825mg.

Anchovies 363111g .

Sardines 295mg. in oil

Liver, calf 233mg.

Kidneys, beef 200mg.

Meat extracts 160-400mg.

### **Foods high in Purine**

50 - 150 mg./100 gm.

meat , Poultry

Fish (fresh and saltwater) Lobster,

oysters, crabs

meat soups and broths

Dried Peas and beans

Lentils, dried Spinach

Oatmeal Wheatgerm

Wheat Bran

### **General Stone Prevention Diet**

Water to produce two liters of Urine/day

8 oz of fluid/hour mostly water to dinner time

(2) 8 oz of water at bedtime

8 oz of water when awake in middle of night (1 Time)

- Protein to 3.5 oz/day

- Salt

- Move all calcium foods to dinner time or before

- Eat two servings of calcium foods/day unless told not to

- Have a vegetarian day a week

- Do not consume excessive amounts of oxalate foods