

Free Diet Plan for Kidney Stone

Kidney Stone is a condition where a stone formation takes place in any part of the kidney. It may be because of some particular minerals and kidney cannot throw it out. The main concept in the dietary management of kidney stone is keeping the urine dilute and neutral.

Sample Menu:

Time	Meal	Menu	Quantity
7.00	Early Morning	Warm water + ½ Lemon	1 glass
8.30	Breakfast	Wheat flakes or oats with milk	1 bowl
11.00	Mid Meal	Coconut water	1 glass
1.30	Lunch	Wheat roti Cauliflower vegetable Moong Dal Cucumber Raita	2 1 Bowl 1 Bowl 1/2 Bowl
4.30	Snacks	Lemon Tea	1 cup
6.30	Pre dinner	Veg Soup	1 bowl
7.30	Dinner	Wheat roti Green vegetable Curd-rice	1 1 bowl 1 bowl
10pm	Bedtime	Warm water with 2 almonds	½ cup

Tips:

- Increase the intake of liquids in the diet.
- All foods which contain large amount of oxalates (e.g. Spinach) should be avoided if stone is calcium oxalate stone.
- Avoid excessive salt in the diet.
- Lemon juice is a good source of citrate which helps to prevent stones formation. Drink a glass of lemon water daily.

Foods to Include	Foods to Avoid
Broccoli, Cucumber, Cauliflower, Watermelons, Cherries, Plums ,Peaches, Apples, Papaya, Carrot, Whole grains like brown rice, whole wheat bread, milk, curd, dry fruits	Spinach, Peas, Meat Products especially liver and fish, alcohol, coffee, salty and preserved foods