

Stone Disease and Diet Modifications

Foods Highest in Purine

150 - 825 mg./100 gm.

Sweetbreads 825mg.
Anchovies 363111g .
Sardines 295mg. inoil
Liver, calf 233mg.
Kidneys, beef 200mg.
Meatextracts 160-400mg.

Foods high in Purine

50 - 150 mg./100 gm.

meat , Poultry
Fish (fresh and saltwater) Lobster,
oysters, crubs
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