

Low Purine Diet

In order to reduce your uric acid level, you must lower your consumption of purines. Purine is a compound that is mainly found in animal protein and when metabolized breaks down into uric acid. When you eat a diet that is high in protein, you have higher uric acid levels.

The normal diet contains from 600 to 1000 milligrams of purines daily. A low-purine diet is restricted to approximately 100 to 150 milligrams daily.

Below is a list of foods that have very high purine levels (100 to 1000 mg of purine per 3 oz serving of food). You should try to avoid these products. If one of your favorites is on this list, cut back on how many times you eat the product and **always** drink a glass of water before and after your favorite treat.

Very High Purine Foods

Anchovies	Herring	Roe
Bacon	Haddock	Sardines
Bouillon	Kidney	Scallops
Brains	Liver	Shrimp
Broth	Mackerel	Sweetbreads
Codfish	Meat Extracts	Veal
Consomme	Mincemeat	Venison
Goose	Mussels	Yeast
Gravy	Partridge	Yeast Extract
Heart		

Below is a list of foods that have moderate purine levels (9 to 100 mg of purine per 3 oz of food). Again, if one of your favorites is on this list, cut back on how many times you eat the product and **always** drink a glass of water before and after your favorite treat.

Moderate Purine Foods

Fish	Asparagus	Peas, dried
Poultry	Beans, dried	Spinach
Meat (red)	Lentils	
Shellfish, (except when listed above)	Mushrooms	

Source: M.V. and L.K. Mahan, *Food, Nutrition, and Diet Therapy*, 8th ed. (Philadelphia: W.B. Saunders Company, 1992) p.696.

Gout: Preventing Gout Attacks

While medications are effective for the treatment of gout, decreasing foods that are high in purines and eating a low-fat diet may also help to lower blood uric acid levels that cause gout.

High dairy intake and coffee consumption may lower gout risk. Vegetable intake, regardless of purine content, may help remove uric acid from the body whereas fat intake, regardless of purine acid content, may increase uric acid secretion. (1) Research reports that consuming sweetened soft drinks, fruit juices and fructose-dense foods (apples, pears and honey) may also increase gout risk. (2) American Dietetic Association (1) and British Medical Journal (2)

Eating During Acute Attack	Eating in Remission
<ul style="list-style-type: none"> • Consume 8 to 16 cups of fluid daily, at least half water. • Abstain from alcohol (discuss with M.D.). • Avoid fruit juice and sugared soft drinks (diet sodas are ok). • Limit animal foods of meat, fish, and poultry to 4 to 6 oz./day. • Eat protein in moderation: low-fat or nonfat dairy, tofu, eggs, and nut butters, such as peanut butter or almond butter, are preferred. 	<ul style="list-style-type: none"> • Consume 8 to 16 cups of fluid daily, at least half water. • Limit alcohol intake (discuss with M.D.). • Limit/avoid fruit juice and sugared soft drinks (diet sodas are ok). • Consume a healthy low-fat diet, with moderate amounts of protein. Visit MyPyramid.gov and click on MyPyramidPlan link for daily intake guidelines. • Maintain a healthy body weight. Avoid fasting or high-protein diets for weight loss.

High Purine Content		Moderate Purine Content		Low Purine Content	
Anchovies	Mackerel	Asparagus	Mushrooms	Bread & crackers	Fats (oils)
Beer	Meat extracts	Beans, dried	Peas, dried	Butter/margarine	Milk
Bouillon	Mincemeat	Cauliflower	Poultry	Cake/cookies	Noodles
Brains	Mussels	Eel	Shellfish	Carbonated beverages	Nuts
Broth	Partridge	Fish	Spinach	Cereals	Oil
Consommé	Roe (caviar)	Lentils	Wheat germ/bran	Cheese	Olives
Goose	Scallops	Meat (beef, pork, lamb, veal)	Whole grains	Chocolate	Pasta
Gravy	Sardines			Coffee & tea	Pickles
Heart	Sweetbreads			Condiments	Popcorn
Herring	Yeast: baker's and brewers			Cornbread	Puddings
Kidney				Custard	Relishes
Liver				Eggs	Rice
					Salt
					Vegetables

(Rev. 12/10)

LOW PURINE DIET

What is it? A low purine diet means eating foods that do not have many purines in them. Purines are found in some foods. Uric acid comes from the breakdown of purines. The body does not use uric acid so it is usually filtered by the kidneys and taken out in the urine. When uric acid builds up in the body, it can cause pain and swelling known as gout. It may also cause kidney stones. You may need to follow this low purine diet if you have these problems.

Care Gout is often treated with medicines that help the body get rid of extra uric acid. But, eating the right foods can help limit the amount of purines in your body. This will lessen the amount of uric acid in your body.

Eat a diet that has at least 50% of calories as carbohydrates. Do this by eating 6 to 10 servings of bread or starchy foods, and 5 fruits and vegetables each day.

Also, eat a low fat diet to limit the amount your fat intake to 30% or less of your total calories. Ask your caregiver for information about following a low fat diet.

Do NOT drink alcohol unless OK'd by your caregiver. Alcohol can cause gout to flare up.

Drink plenty of non alcohol containing beverages. 8-12 cups per day.

LOW PURINE FOODS AND BEVERAGES: Eat or drink the following things as often as you like while following an eating plan for staying at a good body weight. You may also eat any other foods that are not on the medium and high purine food lists above.

Breads and cereals: lower fiber, white flour, or refined grain types

Coffee and tea

Cream-style soups made with low-fat milk

Eggs (limit to 3 to 4 per week)

Fruits and juices

Gelatin

Fats and oils in small amounts

Low-fat and fat-free cheeses

Milk: skim or 1% (limit to 24 ounces per day)

Nuts and peanut butter: limit if trying to lose weight

Pasta and macaroni

Soda pop

Soups made without meat extract or broth

Sugar, syrup, and other sweets in small amounts

Vegetables not on the lists above

MEDIUM PURINE FOODS: Eat only 1 serving per day of these items when your gout is under control. Avoid them when your gout is flaring up. A serving of meat, fish, or poultry is 2 to 3 ounces cooked. A serving of vegetables is 1/2 cup. A serving of liquids is 1 cup.

Asparagus
Beef, lamb, pork, and other red meats not on the high purine list above
Broth, consommé, and bouillon, or soups made with meat or poultry stock
Cauliflower
Dried beans, peas, lentils
Fish and shellfish not on the high purine list above
Fresh beans and peas
Meat soups, broths, gravies
Mushrooms
Oats and oatmeal
Poultry foods not on the high purine list above
Spinach
Wheat germ and bran
Whole grain foods
Yeast: all types

HIGH PURINE FOODS: Avoid these foods all of the time.

Anchovies
Broths, bouillons, and consommés
Caviar or roe
Game meats, like goose, duck, and partridge
Gravies
Some fishes, like herring and mackerel
Meat extracts
Mincemeat
Organ meats: brains, heart, kidney, liver, and sweetbreads
Sardines
Scallops and mussel
Wild



SODIUM

Too much sodium (salt) in your diet will increase the amount of sodium in your body. This will cause your body to hold (or retain) too much water AND it will make you very thirsty. The extra water and sodium may also cause problems such as:

- Swelling of the hands, feet, face or legs**
- Difficulty breathing or shortness of breath (from fluid in the lungs)**
- Higher blood pressure & extra strain on the heart**
- Cramping and blood pressure drops during dialysis**

Unfortunately, damage to the heart may be permanent. To prevent these problems you may need to limit or avoid high sodium or salty foods. Cutting down on salty foods may also help you control how much fluid you drink.

FOODS TO LIMIT BECAUSE OF THEIR HIGH SODIUM CONTENT

SALT & SALT SEASONING
 (DO NOT USE SALT
 SUBSTITUTES - such as No
 Salt- HIGH IN POTASSIUM)

Table salt
 Garlic, Celery or Onion salts
 Lite salt
 Flavored salt
 Kosher salt
 Sea Salt

Seasoning salt
 Onion salt
 Lemon pepper
 Meat tenderizer
 Bouillon cubes & granules
 MSG

SAUCES

Barbecue sauce
 Soy sauce
 Marinades

Steak sauce
 Catsup
 Teriyaki sauce



SALTY FOODS



Salted crackers
 Corn chips
 Tortilla chips
 Salted popcorn

Pretzels (unless unsalted)
 Nuts
 Pumpkin seeds
 Potato Chips

CURED FOODS

Ham
 Bacon & sausage
 Pickles
 Olives

Salt pork
 Relishes
 Sauerkraut

DAIRY

Buttermilk
 Instant pudding mix

Cheese (Velveeta®, American
 cheese, cheese spreads)

CANNED

Soups (unless low salt)
 Beef stew
 Canned Ravioli
 Tomato products

Vegetable juices - V8
 Canned vegetables (unless
 canned without salt)

CONVENIENCE FOODS

Frozen dinners and entrees
 Chili
 Frozen prepared foods
 Fast food

Chinese Food
 Macaroni & Cheese
 Dry soup mixes
 Ramen Noodles



Sodium



What is sodium?

Sodium (Na⁺) is an essential mineral that helps control proper fluid balance in the body. It is found in many foods and drinks, softened water, and some medications. Almost half of salt is made up of sodium.



Why must I limit sodium?

Your kidneys have lost the ability to balance sodium and water. Eating too much sodium can cause your body to hold on to fluid resulting in swollen ankles, puffy eyelids, fluid around your heart and lungs and shortness of breath. Too much sodium and fluid can also increase your blood pressure, which can be harmful to your kidneys.

How much sodium can I have?

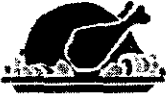


Your daily sodium limit should be 2000 mgs a day. One teaspoon of salt contains 2400 mgs sodium, so limiting salt/sodium in your diet can be a challenge.



How can I limit sodium in my diet?

- Take the saltshaker off the table. Salting food is a habit, and the more you use the more you want. You can change the habit by using herbs and spices to flavor foods. Try Mrs. Dash®, garlic powder, onion powder, paprika, pepper, lemon juice or other salt-free seasonings to flavor your food. **Do Not** use salt substitutes as they contain potassium.
- Choose fresh meats and fish rather than smoked, canned or processed meats such as ham, bacon, hot dogs, luncheon meat, sausage, salt pork, and anchovies/sardines. Look for low sodium luncheon meat in the deli section.
- Barbeque sauce, soy sauce, lite soy sauce, and steak sauce are high in sodium. Look for condiments labeled “low sodium”, “reduced sodium”, “sodium free”, “no MSG”, or “no added salt” or make your own using recipes you can find at DaVita.com.
- Choose unsalted or low salt snack foods. Unsalted pretzels and popcorn are available at most supermarkets.
- Avoid foods in salty brine like pickles, olives and sauerkraut.
- Read food labels. Limit entrees to those that have less than 600 mg or 30% daily value of sodium. Choose snack foods with less than 200 mg or 10% daily value of sodium.
- Cut back on fast foods, frozen dinners and pizza. Eat these foods no more than 2 or 3 times a week. When you eat out, choose places that cook from scratch and will cook without salt. Don't be afraid to ask for “no added salt” – more and more places are catering to special diet requests.
- Be aware that sea salt, kosher salt and flavored salt contains almost as much sodium as table salt.

SODIUM TIPS

FOOD GROUPS	AVOID	CHOOSE
Dairy	Buttermilk, cottage cheese, regular cheese	2% or skim milk, lowfat yogurt, low sodium cheeses
Meats 	Processed meats (bacon, sausage, spam, hotdogs, lunch meats, pepperoni) Breaded or fried meats (chicken, fish, pork, or beef) Canned meats in oil (tuna, sardines, salmon)	Fresh, lean beef, chicken, turkey, pork or fish Frozen lean beef, chicken, turkey, pork or fish (not breaded) Low sodium water packed tuna
Starches 	Salted crackers or bread Pretzels and chips Instant mashed potatoes Mixes (muffins, pancake, potatoes, noodles, bread) Some dry cereals	Fresh breads, most commercial breads Unsalted chips, crackers, pretzels Read labels for dry cereals
Vegetables 	Canned vegetables Pickled (pickles, olives, sauerkraut) Frozen vegetables with cheese or cream sauces	All plain fresh and frozen vegetables Low sodium canned vegetables Low sodium tomato sauces
Fruits	None	All
Condiments	Salt substitute, catsup, mustard, salad dressings, soy sauce, teriyaki sauce, worcestershire sauce, hot sauce, tobasco and relish	Only use small amounts of condiments Ask for condiments on the side when eating out
Other	Fast foods (2-3 times more salt than the same foods made at home) Most canned soups and frozen dinners Most Chinese, Mexican and Pizza restaurants	Request for no salt on food when eating out Low sodium frozen dinners and soup Low sodium cheeses on casseroles and pizza

References:

National Kidney Foundation, Sodium and Renal Diet, Publication No. 04-14NN, Nutrition Series, 1994

5K9818

1-877-KIDNEYINFO
(543-6394)

POTASSIUM FINDER

BEVERAGES



LOW POTASSIUM

all values are in milligrams (mg)

Apple juice, 1/2 cup, 148
Coffee, 8 oz., brewed, 128
Cranberry juice, cocktail, 1/2 cup, 23
Ginger ale, 12 oz., 4
Tea, brewed, black, 8 oz., 88

HIGHER POTASSIUM

all values are in milligrams (mg)

Grape juice, cnd. or bottled, 1/2 cup, 167
Grapefruit juice, cnd., unsweetened, 1/2 cup, 189
Pineapple juice, cnd., unsweetened, 1/2 cup, 168

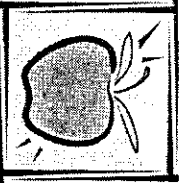
HIGHEST POTASSIUM

all values are in milligrams (mg)

Milk, whole, 1 cup, 371; skim, 407
Milk, 1% lowfat, 1 cup, 381
Orange juice, fresh, 1/2 cup, 248
Soy milk, 1 cup, 345

FRUIT

portions = 1/2 cup raw, unless otherwise stated



Applesauce, cnd., sweetened, 78; unsweetened, 92
Apricot halves, 1 medium 104
Blueberries, 65
Cherries, sour, cnd., heavy syrup, 119
Cranberries, 34
Cranberry sauce, cnd., jelled, 1/2" thick, 15
Dates, dried, 1 date, 54
Fig, raw, 1 medium, 116
Grapes, American, 88
Grapes, Tokay, Emperor, seeded, 105
Lemon, 1 medium, 80
Lime, 1 medium, 68
Peaches, cnd., heavy syrup, 121
Pears, ckd., heavy syrup, 87
Pears, juice pack, 119
Pineapple, pieces, 88
Plums, 1 medium, 114
Prunes, dried, 1 prune, 63
Raspberries, 94
Rhubarb, ckd., with sugar, 115
Watermelon, pieces, 88

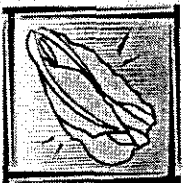
Apples, w/o skin, 1 medium, 145
Apricots, cnd., heavy syrup, whole, 173; juice pack, 201
Apricots, cnd., heavy syrup, 173
Blackberries, 141
Cherries, sweet, 131
Elderberries, 203
Grapefruit, white, 1/2 medium, 175
Honeydew melon, pieces, 240
Orange, 1 medium, 237
Peach, 1 medium, 193
Peaches, cnd., juice pack, 160
Pear, 1 medium, 208
Pineapple, cnd. pieces, heavy syrup, 132
Prickly pear, 1 medium, 227
Prunes, cnd., heavy syrup, 5 prunes, 194
Raspberries, frozen, sweetened, 142
Strawberries, whole, 120
Strawberries, frozen, sweetened, 125
Tangerine, 1 medium, 132

Apricots, dried, sulfured, 756
Avocado, 1/2 medium, California, 549; Florida, 742
Banana, medium, 467
Cantaloupe, pieces, 274
Kiwi fruit, 1 medium, 252
Mango, 1 medium, 323
Nectarine, 1 medium, 288
Papaya, 1/2 medium, 391
Peaches, dried, sulfured, 797
Plantain, sliced, ckd., 358
Pomegranate, 1 medium, 399
Raisins, seedless, 1.5 oz. box (snack size), 323
Sapodilla, 1 medium, 328

POTASSIUM FINDER

VEGETABLES & STARCHES

portions = 1/2 cup
unless otherwise stated



- Alfalfa seeds, sprouted, raw, 13
 Bagel, plain, 4" diameter, 106
 Beans, green, ckd., from frozen, 85
 Bread, pumpkinickel, 1 slice, 54[†]
 Bread, one slice, white, 30
 Cabbage, common, shredded, boiled, 73
 Carrots, baby raw, 1 medium, 28
 Cauliflower, boiled from raw, 88
 Celery, raw, 1 medium stalk, 115
 Corn, ckd., from frozen, 121
 Eggplant, boiled, 123
 Leeks, 1 boiled, 108
 Lettuce, iceberg, 1 cup, 87[†]
 Lettuce, romaine, 81
 Mustard greens, ckd., from frozen, 105[†]
 Onions, raw, diced, 126
 Parsley, raw, 10 sprigs, 55
 Peppers, sweet, boiled, 112
 Popcorn, buttered, popped, 1 cup, 10
 Radicchio, raw, shredded, 60
 Rice, enr. ckd., 1 cup, 17
 Spaghetti, enr. ckd., 38
 Spinach, raw, chopped, 83[†]
 Turnips, white, cubes, ckd., from raw, 106
 Water chestnuts, cnd., sliced, 83
- Asparagus, ckd., from frozen, 196
 Asparagus, boiled, 6 spears, 144
 Beans, green, boiled, 187
 Broccoli, boiled, from frozen, 165
 Broccoli, boiled, from raw, 143[†]
 Brussel sprouts, boiled from raw, 247
 Carrots, sliced, boiled, 177
 Cauliflower, raw, pieces, 152[†]
 Chickpeas, boiled, 238
 Collards, chopped, frozen, boiled, 214
 Collards, leaves, ckd., from raw, 247[†]
 Corn, yellow, boiled, 204
 Leeks, 1 raw, 160
 Lettuce, butterhead, raw, chopped, 1 cup, 141
 Mustard Greens, chopped, boiled, 141[†]
 Oatmeal, regular, ckd., 131[†]
 Okra, sliced, ckd. from frozen, 215
 Onions, chopped, boiled, 175
 Peas, green, raw, 177
 Peas, green, frozen, boiled, 134
 Peppers, hot chili, 1 raw, 153
 Peppers, sweet, 1 raw, 211
 Radishes, red, raw, sliced, 135
 Scallions, chopped, raw, 138
 Squash, summer, all types, sliced, boiled, 173
 Tortillas, corn, 4 medium, 148[†]
 Turnip greens, chopped, raw, boiled, 146[†]
 Turnips, frozen, boiled, 142
- Artichoke, 1 medium, boiled, 425
 Beans, black, mature, boiled, 306[†]
 Beans, lima, mature, large, boiled, 478
 Beans, kidney, all types boiled, 357[†]
 Beans, pinto, mature, boiled, 400[†]
 Beet greens, boiled, 1309[†]
 Beets, sliced, boiled, 259
 Black-eyed peas, boiled from frozen, 319[†]
 Cabbage, Chinese bok-choy, shredded, boiled, 316
 Cucumbers, raw, w/o peel, 1 medium, 297
 Mushrooms, common white, boiled, 278
 Okra, boiled, 8 pods, 274
 Parsnips, boiled, 1 parsnip, 9", 587
 Peanuts, oil roasted, 491[†]
 Peas, split, mature, boiled, 355[†]
 Potato, baked, w/o skin, 2 1/3" x 4 3/4", 610
 Potato, baked, 2 1/4" diam., 926
 Potatoes, boiled, w/o skin, 1/2 medium, 274
 Soybeans, mature, boiled, 443[†]
 Spinach, boiled from frozen, 283
 Spinach, boiled from raw, 420[†]
 Squash, winter, cubed, baked, 448
 Sweet potato, 1 medium, baked w/skin, 397
 Sweet potatoes, peeled, boiled, w/o skin, mashed, 302
 Swiss chard, chopped, boiled, 481[†]
 Tomato, raw, 1 medium, red, 273

[†]Foods high in phosphorus.
 * Foods high in vitamin K, a concern for those on anti-coagulant therapy.

POTASSIUM FINDER

BEVERAGES



LOW POTASSIUM

all values are in milligrams (mg.)

Apple juice, 1/2 cup, 148
Coffee, 8 oz., brewed, 128
Cranberry juice, cocktail, 1/2 cup, 23
Ginger ale, 12 oz., 4
Tea, brewed, black, 8 oz., 88

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Lime, 1 medium, 68
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Pineapple, cnd. pieces, heavy syrup, 132
Pinky pear, 1 medium, 227
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VEGETABLES & STARCHES

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Bagel, plain, 4" diameter, 106
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Bread, one slice, white, 30
Cabbage, common, shredded, boiled, 73
Carrots, baby raw, 1 medium, 29
Cauliflower, boiled from raw, 88
Celery, raw, 1 medium stalk, 115
Corn, ckd., from frozen, 121
Eggplant, boiled, 123
Leeks, 1 boiled, 105
Lettuce, iceberg, 1 cup, 87
Lettuce, romaine, 81
Mustard greens, ckd., from frozen, 105
Onions, raw, diced, 126
Parsley, raw, 10 sprigs, 55
Peppers, sweet, boiled, 112
Popcorn, buttered, popped, 1 cup, 10
Radicchio, raw, shredded, 60
Rice, enr., ckd., 1 cup, 17
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Spinach, raw, chopped, 83
Turnips, white, cubes, ckd., from raw, 106
Water chestnuts, cnd., sliced, 83

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Swiss chard, chopped, boiled, 481
Tomato, raw, 1 medium, red, 273

The Five Stages of Chronic Kidney Disease			
Stage	Description	Glomerular Filtration Rate (GFR)	Kidney Function Deterioration*
1	Kidney damage (protein in urine) and normal GFR	More than 90	50% - 60%
2	Kidney damage and mild decrease in GFR	60 - 89	60% - 70%
3	Moderate decrease in GFR	30 - 59	70% - 77.5%
4	Severe decrease in GFR	15 - 29	77.5% - 85%
5	Kidney failure—End Stage Renal Disease (dialysis or kidney transplant needed)	Less than 15	85% and above

Kidney Stone Diet Instruction Sheet

Diet for Kidney Stone Patients Limiting Calcium, Sodium and Oxalate

Food Group	Foods Allowed	Foods Not Allowed
Beverages	Carbonated drinks; coffee; decaffeinated coffee; fresh lemonade; limade; instant tea	All milk, including buttermilk, canned milk, eggnog, malted milk, milkshakes, powdered milk, hot chocolate, cocoa mixes; lemonade made from frozen concentrate; brewed tea
Bread and Cereals	Biscuits, bread, cornbread, hamburger buns, and muffins; pancakes; sweet rolls; waffles; cooked and dry cereals without added salt (check labels)	Bread, crackers, and rolls with salt topping; corn tortillas; flour tortillas; cooked and dry with salt added
Cheese	None	All cheeses, including American, cheddar, cottage cheese, cream cheese, Gouda, mozzarella, Parmesan, provolone, ricotta, and Swiss; cheese crackers; cheese foods; cheese puffs; cheese sauces and spreads; cheese sticks; dips; processed cheese
Desserts and Sweets	Fruit cobblers, fruit pies, gelatin desserts; white and yellow cake with sugar icing; shortcake; tapioca; cookies; bread pudding (no milk); lemon sauce with cornstarch; vanilla wafers; graham crackers; fruit ices and popsicles; honey; jam, jelly, marmalade, preserves, syrup, and sugar	All chocolate in cakes, icing, pies, candy, cookies, and puddings; chocolate chips; chocolate syrup; Boston cream pies; custards; puddings; rice pudding; yogurt; all ice cream, including mellorine, frozen custard, frozen yogurt, ice milk sherbet, and "dietetic" ice cream; chiffon pie and cream pie; molasses
Fats	Butter, margarine, vegetable oil, and most salad dressing; powdered or liquid non dairy creamer; nondairy whipped cream, topping	Sour cream; salad dressing made with cheese, yogurt, or sour cream; 1/2 and 1/2, whipping cream
Fruits and Juices	Fresh, canned, and frozen fruit and fruit juice; dried fruits	Canned carrot juice, tomato juice, and vegetable cocktail sauce; powdered fruit juice substitutes; electrolyte replacement drinks (Gatorade [®]); rhubarb
Meats and Meat	Two average meat portions per day; baked, boiled, broiled, or	Barbecued, cured, salty, canned, or smoked meats and fish; anchovies.

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Substitutes	fried beef; substitutes, chicken, freshwater fish, fresh pork, seafood, tuna, turkey, veal or venison; homemade chili, meat pies and stews; eggs	caviar, herring, salmon, sardines, corned beef, tamales, and stews; dried chipped beef; frankfurters; ham; luncheon meats; pizza; salt pork; bacon; sausage; non-homemade chili and meat pies; TV dinners
Starches	Corn, macaroni, noodles, potatoes, rice and spaghetti; dried beans and dried peas in moderation	Macaroni and cheese; potato chips; corn chips; tortilla chips; corn pudding
Vegetables and Soups	Fresh, canned ^{1,2} and frozen vegetables; homemade soups without added salt; lettuce	Sauerkraut and other vegetables prepared in brine; canned pork and beans; hominy; all greens such as beet greens, collard greens, mustard greens, polk greens, spinach, and turnip greens; cheese soup; all canned soup (unless low sodium content is indicated); bouillon cubes; canned broth
Miscellaneous	Spices, herbs, and extracts; unsalted peanut butter; small amounts of meat tenderizer; brown gravy and sauces such as catsup, chili sauce, spaghetti sauce, steak sauce, and Worcestershire (Worcester) sauce	Added salt; seasoned salt; monosodium glutamate (MSG); prepared horseradish and mustard; olives; pickles; salted nuts; salted popcorn; regular peanut butter; soy sauce; cream gravies and white sauce; hollandaise; Newburg sauce
Supplements	NONE unless recommended by physician	Vitamin D; vitamins plus minerals; vitamin C
Medications	Only as directed by physician	

1. Instructions for limiting salt:

- Use no salt or seasoned salt at the table
- Eat foods only lightly salted during preparation
- Do not add salt in the preparation of foods to which salt is added in processing (for example, canned vegetables)
- When preparing food from a recipe, use half the amount of salt specified

2. Canned vegetables should be drained and rinsed to decrease salt

Diets for Specific Types of Kidney Stones

Calcium or Oxalate Stones	Uric Acid Stones	Struvite Stones	Cystine Stones
Drink 10-12, 8-ounce glasses	Drink 10-12, 8-	Drink 10-12, 8-	Drink 10-12, 8-

of water each day

Limit high-calcium foods like dairy products and high-oxalate foods like colas, peanuts, chocolate
Don't overuse antacids

ounce glasses of water each day

Limit high-purine foods like anchovies, meat, poultry, organ meats, vegetables, caviar, beer and wine

ounce glasses of water each day

Caused by infections; you must follow your antibiotic regimen and drink lots of water

ounce glasses of water each day

Limit intake of fish (it's high in methionine)