

KIDNEY STONE DIET CHEAT SHEET

A practical, printable guide to hydration, sodium, calcium, oxalate and balanced meals.

The 5 rules that matter most

1. Hydrate to the goal set by your clinician. **2.** Keep sodium low. **3.** Do not automatically cut dietary calcium. **4.** Avoid only the very-high-oxalate foods that fit your stone type and urine results. **5.** Keep portions of animal protein reasonable.

QUICK SAFETY NOTE

Kidney-stone diets are not one-size-fits-all. The best plan depends on the type of stone, your blood and urine tests, kidney function, medications and other health conditions. This printable guide is educational and is not a substitute for individualized advice from a physician or kidney-stone dietitian.

Who this guide is for

- Adults who have had a kidney stone and want practical prevention habits.
- People looking for balanced USA, UK or Indian-style meal ideas.
- People who have been told to watch sodium, animal protein or oxalate.

What this PDF includes

- Core kidney-stone prevention rules
- Oxalate swap list
- 7-day USA meal schedule
- 7-day UK meal schedule
- 7-day Indian meal schedule
- Hydration tracker
- Smart shopping list
- When to seek medical care

1. Kidney-Stone Prevention: The Core Checklist

PRIORITY	PRACTICAL TARGET	WHY IT MATTERS
Fluids	Drink enough to meet your individualized fluid goal. Many stone-formers are advised to produce about 2.5 L of urine/day; your clinician may set a different goal.	Dilutes stone-forming substances in urine.
Sodium	Aim for a lower-sodium eating pattern; a common adult target is <2,300 mg sodium/day unless your clinician advises otherwise.	Higher sodium can increase urinary calcium and stone risk.
Calcium	Do not routinely eliminate calcium-rich foods. Food calcium is often part of calcium-oxalate stone prevention.	Calcium in the gut can bind oxalate and reduce its absorption.
Oxalate	If you have calcium-oxalate stones with high urine oxalate, limit only very-high-oxalate foods as advised.	A strict low-oxalate diet is not necessary for everyone.
Animal protein	Keep portions moderate; emphasize plant foods and balanced meals.	High animal-protein intake can raise stone risk in some people.
Fruit & vegetables	Build meals around a variety of produce and whole foods.	Supports a healthy overall dietary pattern associated with lower stone risk.

Hydration: track your clinician-set goal

Do not use a generic water target if you have kidney failure, heart failure, a fluid restriction, or another condition that changes fluid needs. For many people with recurrent stones, clinicians use urine volume as a more useful target than a fixed number of glasses.

High-oxalate foods to discuss with your clinician

Very-high sources	Important nuance
Spinach, Swiss chard, almonds, rhubarb, beets, navy beans, potato with skin	These are not automatically 'forbidden.' Restriction is most relevant when calcium-oxalate stone risk and urine oxalate warrant it.
Some concentrated supplements or 'superfood' products	Certain supplements can deliver large amounts of oxalate. Review supplements with a clinician or dietitian.

2. Oxalate Swap List

The goal is **not** to eliminate healthy plant foods. If you need to lower oxalate, use practical swaps and keep adequate calcium with meals.

IF YOU OFTEN CHOOSE...	TRY THIS SWAP...	WHY / NOTE
Spinach smoothie	Kale, lettuce, cabbage or another lower-oxalate green	Choose variety rather than relying on spinach daily.
Almonds / almond butter	Dairy yogurt, cheese, or a clinician-approved lower-oxalate snack	Do not remove calcium from the diet simply because the stone contains calcium.
Beet-heavy meals	Carrots, cauliflower, cabbage or another vegetable	Vegetables remain important for an overall healthy diet.
Rhubarb desserts	Fresh fruit such as berries, melon or apples	Keep added sugar modest.
Wheat bran cereal	Oatmeal or another whole-grain breakfast option	Individual tolerance and stone type still matter.
Large handful of nuts	Fruit + yogurt, or another balanced snack	Nuts are nutritious, but some are high in oxalate.

The calcium connection

For calcium-oxalate stones, getting adequate calcium from food can help reduce oxalate absorption in the digestive tract. Do not start high-dose calcium supplements or stop dairy without individualized advice.

Foods and habits to limit across most stone-prevention plans

- Very salty packaged foods, fast food, processed meats and salty sauces.
- Large portions of meat and other animal protein.
- Sugar-sweetened drinks and frequent high-sugar snacks.
- Crash diets or extreme restriction.
- Unreviewed 'kidney cleanse' or 'detox' products.

3. 7-Day Sample Meal Plan • USA

These are **sample balanced meal ideas**, not a prescription. Adjust portions for age, energy needs, diabetes, blood pressure, kidney function, allergies and stone type.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Oatmeal + banana + yogurt	Grilled chicken, brown rice, lettuce-cucumber salad	Baked salmon, quinoa, roasted cauliflower	Apple + yogurt
Day 2	Whole-grain toast + egg + berries	Turkey sandwich, low-sodium + side salad	Chicken fajitas with peppers, tortillas, avocado	Pear + cheese
Day 3	Greek yogurt + oats + strawberries	Lentil soup, whole-grain bread, salad	Baked chicken, potatoes, green beans	Melon
Day 4	Oatmeal + apple + milk	Tuna salad bowl, brown rice, vegetables	Turkey meatballs, pasta, side salad	Yogurt
Day 5	Egg + whole-grain toast + orange	Chicken rice bowl with vegetables	Bean chili, rice, cabbage salad	Apple + cheese
Day 6	Yogurt + berries + oats	Grilled fish, quinoa, mixed vegetables	Chicken stir-fry with rice; low-sodium sauce	Pear
Day 7	Oatmeal + pear + yogurt	Turkey/chicken wrap + salad	Vegetable pasta + modest grilled protein	Fruit + yogurt

Planning notes

Choose low-sodium versions where possible. Use plain yogurt/milk as a calcium source when appropriate. Keep meat portions moderate and fill much of the plate with vegetables and whole grains.

4. 7-Day Sample Meal Plan • UK

These are **sample balanced meal ideas**, not a prescription. Adjust portions for age, energy needs, diabetes, blood pressure, kidney function, allergies and stone type.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Porridge + banana + milk	Chicken salad + wholegrain roll	Baked salmon, new potatoes, broccoli	Apple + yogurt
Day 2	Wholemeal toast + egg + berries	Lentil soup + wholegrain bread	Chicken, rice and mixed vegetables	Pear + cheese
Day 3	Greek yogurt + oats + fruit	Tuna jacket potato + salad	Lean beef portion, pasta, vegetables	Melon
Day 4	Porridge + apple + milk	Chicken wrap + salad	Baked cod, potatoes, peas and carrots	Yogurt
Day 5	Egg on wholemeal toast + fruit	Bean and vegetable soup + bread	Chicken curry, rice, cauliflower	Apple + yogurt
Day 6	Porridge + berries + yogurt	Salmon salad + wholegrain bread	Vegetable pasta + chicken	Pear
Day 7	Yogurt + oats + banana	Chicken and rice salad	Roast chicken, potatoes, carrots and cabbage	Fruit + cheese

Planning notes

Choose lower-salt versions of soups, breads, sauces and ready-made foods. Dairy can provide food calcium; do not remove it solely because you have calcium stones.

5. 7-Day Sample Meal Plan • India

These are **sample balanced meal ideas**, not a prescription. Adjust portions for age, energy needs, diabetes, blood pressure, kidney function, allergies and stone type.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Oats upma + curd + fruit	Rice, dal, lauki, cucumber raita	Roti, chicken curry (moderate), cabbage sabzi	Guava + curd
Day 2	Idli + sambar + curd	Rice, moong dal, beans, salad	Roti, fish curry (moderate), cauliflower	Apple
Day 3	Vegetable poha + curd	Rice, dal, bhindi, cucumber	Roti, paneer in moderate portion, mixed vegetables	Papaya
Day 4	Dosa + sambar + curd	Rice, rajma in moderate portion, cabbage	Roti, chicken, lauki/tori	Pear + curd
Day 5	Oats porridge + banana + milk	Rice, dal, carrot-cabbage sabzi	Roti, fish/chicken, beans	Orange
Day 6	Idli + sambar + fruit	Curd rice + vegetable side + dal	Roti, mixed veg, small dal portion	Apple + curd
Day 7	Upma + curd + fruit	Rice, dal, pumpkin, salad	Roti, chicken/beans, cauliflower	Melon

Planning notes

Prefer home-cooked meals with less added salt. Keep pickle, papad, packaged namkeen, instant noodles and salty chutneys occasional. If oxalate is high, review spinach, beetroot, almonds and other high-oxalate foods with a dietitian.

6. Hydration Tracker

Use this page to track **your clinician-set daily fluid goal**. If you have kidney failure, heart failure or a fluid restriction, follow your medical team's instructions instead of using a generic target.

My daily fluid goal:

Date:

TIME	FLUID / DRINK	AMOUNT	DONE
Wake-up			☐
Breakfast			☐
Mid-morning			☐
Lunch			☐
Mid-afternoon			☐
Dinner			☐
Evening			☐
Exercise / heat			☐
Before bed			☐
Other			☐

A useful prevention principle

For many recurrent stone-formers, clinicians aim for enough fluid to produce roughly 2.5 liters of urine per day. That does **not** mean everyone should drink exactly 2.5 liters of fluid; losses from sweat, food, climate and health conditions change the amount needed.

7. Smart Kidney-Stone Shopping List

BUY MORE OFTEN	LIMIT / CHECK LABELS
Water and other clinician-approved fluids Fresh fruits A variety of vegetables Whole grains Plain yogurt / milk if appropriate Low-sodium beans and lentils Fresh poultry/fish in moderate portions Unsalted or low-sodium staples	Processed meats Instant noodles Fast food Canned soups with high sodium Salty snacks Large portions of meat Sugar-sweetened drinks High-oxalate supplements / 'detox' products

When a kidney stone may need urgent evaluation

Do not treat severe symptoms with diet alone

Seek prompt medical care for **fever or chills with urinary symptoms, severe or persistent side/back pain, repeated vomiting, blood in the urine, inability to urinate, or severe weakness**. A blocked urinary tract with infection can be an emergency.

Before changing your diet, ask:

- What type of kidney stone did I have?
- Do I need a 24-hour urine test?
- Is my urine calcium, oxalate, citrate or uric acid high?
- What sodium and fluid targets are right for me?
- Should I limit any specific high-oxalate foods?
- Do I need a kidney-stone dietitian?

8. Medical Notes & References

This guide is based on current patient-education guidance from major kidney-health organizations. It is intentionally conservative: it emphasizes hydration, lower sodium, adequate dietary calcium and individualized oxalate restriction rather than extreme diets.

NIDDK — Treatment for Kidney Stones

<https://www.niddk.nih.gov/health-information/urologic-diseases/kidney-stones/treatment>

NIDDK — Eating, Diet, & Nutrition for Kidney Stones

<https://www.niddk.nih.gov/health-information/urologic-diseases/kidney-stones/eating-diet-nutrition>

National Kidney Foundation — Kidney Stones Diet and Prevention

<https://www.kidney.org/kidney-topics/kidney-stones-diet-and-prevention>

National Kidney Foundation — Eat Smart to Prevent Kidney Stones

<https://www.kidney.org/kidney-topics/six-easy-ways-to-prevent-kidney-stones>

NIDDK — Symptoms & Causes of Kidney Stones

<https://www.niddk.nih.gov/health-information/urologic-diseases/kidney-stones/symptoms-causes>

Medical disclaimer

This PDF is for general education and meal-planning ideas. It does not diagnose or treat kidney stones and does not replace advice from a physician or registered dietitian. Diet recommendations can differ substantially by stone type, 24-hour urine results, kidney function, medications and other medical conditions.

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