

Kidney stones: Additional dietary changes

To decrease the risk of developing additional kidney stones in the future, some treatments and changes in your child's diet may be recommended. This will depend on the minerals found in the urine or kidney stone analysis.

Oxalate

Too much oxalate in your child's urine can bind with calcium. This increases the chance for kidney stones. Children who have high levels of oxalate in the urine should:

- Drink more fluids
- Avoid vitamin C supplements
- Avoid foods that contain large amounts of oxalate, including beet and turnip greens, rhubarb, strawberries, star fruit, sweet potatoes, wheat bran, tea, cocoa, pepper, chocolate, parsley, beets, spinach, dill, nuts, and citrus juices

Citrate

Citrate binds calcium and this decreases the calcium available to bind with other stone-forming parts. Children who have a low level of citrate in the urine are usually given a treatment to increase citrate levels like potassium citrate.

- Eat a diet with lots of fruits and vegetables to increase the citrate in the urine. Provide a goal of five servings of fruits and vegetables per day
- You can add two ounces of lemon or lime juice diluted in water twice daily to add citrate to your child's diet

Urate (Uric Acid)

- Children with increased levels of urate in the urine should drink more fluids. Some children will be given a treatment to increase the pH of the urine such as potassium citrate.

Cystine

- Children with high levels of cystine in the urine should drink more fluids. Some children will be given a medicine that reduces the acidity (i.e., increases the pH) of the urine like potassium citrate.

Struvite

- Struvite stones usually develop because of a urinary tract infection (UTI). Preventing future UTIs can help to prevent struvite stones.

