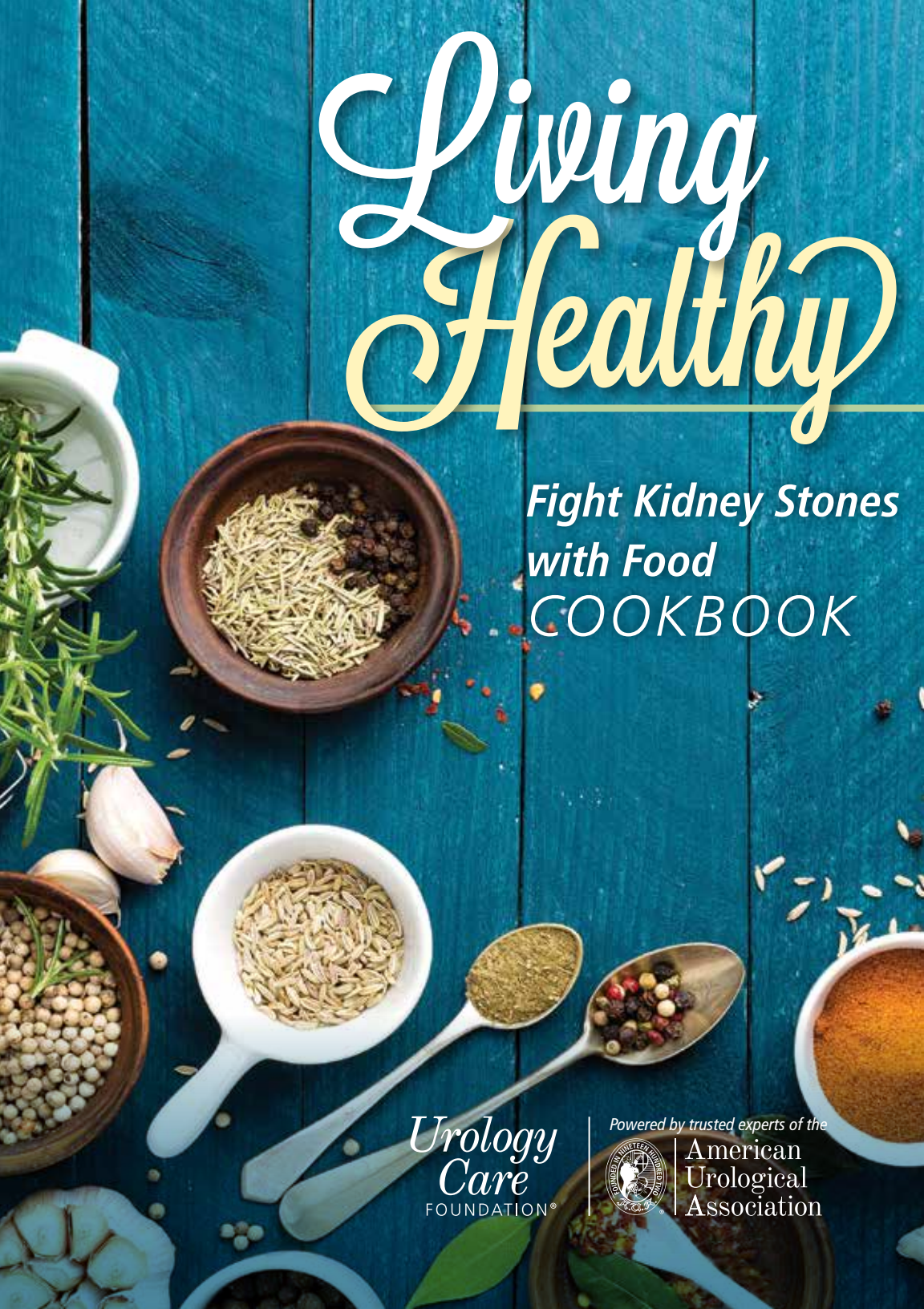
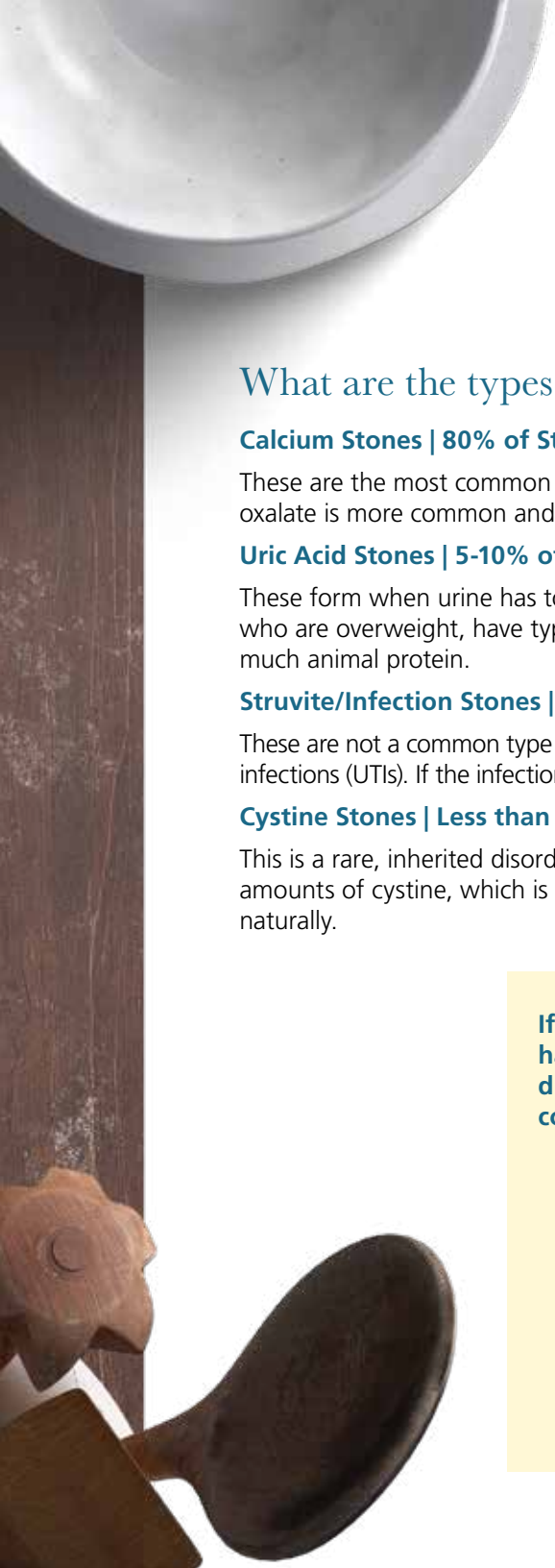

Living Healthy
Fight Kidney Stones with Food
COOKBOOK
Urology Care FOUNDATION®
Powered by trusted experts of the
American Urological Association

Kidney stone disease

is one of the most common problems of the urinary tract. About 1 in 10 Americans will have a kidney stone in their lifetime. Over half the people who get a stone will get another one within 5 years. So, it's important to do what you can to prevent getting kidney stones in the first place or, if you had a stone before, prevent getting another one.

Kidney stones form when urine has high levels of minerals and salts. These elements stick together and crystalize. As they build up, they form a stone. Most of what's in our urine is there because we put it there. What we eat and drink – our diet – plays a major role.

If you've had a kidney stone before, a big part of preventing future stones is finding out why you get them in the first place. Your health care provider can help you find out by talking about your history and taking a few tests.



What are the types of kidney stones?

Calcium Stones | 80% of Stones

These are the most common type. There are two types. Calcium oxalate is more common and calcium phosphate is less common.

Uric Acid Stones | 5-10% of Stones

These form when urine has too much acid. They often form in people who are overweight, have type 2 diabetes, gout or those who eat too much animal protein.

Struvite/Infection Stones | 10% of Stones

These are not a common type of stone and are mostly from urinary tract infections (UTIs). If the infection is treated, these stones rarely form.

Cystine Stones | Less than 1% of Stones

This is a rare, inherited disorder. Stones form when urine has high amounts of cystine, which is a protein building block your body makes naturally.

If you know the type of stone you have, you may be able to target your diet to fight your chance of them coming back. If you have:

- **Calcium Oxalate Stones.** Eat less sodium, animal protein, and high-oxalate foods, but more calcium.
- **Calcium Phosphate Stones.** Eat less sodium and animal proteins, but more calcium.
- **Uric Acid Stones.** Eat less animal protein.

How do you fight kidney stones with food?

You may not know what type of stone you have. But changing your diet and taking certain medications have been shown to be the best in stopping a stone from forming in the first place and keeping you from getting another one in the future. Here are some things to help you fight future kidney stones though food:

- **Fluids.** Drink enough fluids each day: 3 liters, or 10, 10-ounce glasses.
- **Fruits & Veggies.** Eat plenty every day: 5 servings each of ½ cup.
- **Low Oxalate.** Eat foods with low oxalate levels: only if you have high urine oxalate.
- **Less Meat.** Eat more plant-based protein & limit meat: strive for 1 small portion a day.
- **Calcium.** Eat more calcium-rich foods: about 1,000 milligrams (mg) per day.
- **Less Salt.** Limit sodium in your diet: 2,300 mg – or 1 teaspoon of salt – per day.

It can be hard to change the way we eat. But changes to diet may bring great benefits. Not only can it help with kidney stones, but it may help you lower your blood pressure, blood sugar and cholesterol levels.

Remember, your health care provider will recommend what is best for you and the type of stones you have. Not every tip will work for every stone former. The recommendations are not a *one-size-fits-all*. If you feel lifestyle and dietary changes aren't helping, talk to your health care provider.

Inside

Kidney Stone Food Facts

Oxalates 4
Calcium 6
Protein 8
Salt 11
Nutrition Labels 12

Recipes

Drinks 15
Breakfast 21
Main Meals 31
Sides 49

Tips

The Basics 62
Dining Out 63
Fast Food 63

Oxalates

Aim to eat low-oxalate foods by learning which foods are better than others.

80% of people with kidney stones have calcium-oxalate stones. Oxalate is a naturally occurring compound found in our bodies and in plants. It is not a required nutrient for us. Too much can lead to kidney stones.

When fighting kidney stones with food, you should aim to eat five servings of fruits and vegetables every day. A serving means one piece of fruit or a half cup of cooked vegetables. It can be hard to know which foods are high in oxalate. The most popular high-oxalate foods are nuts, seeds, beets, leafy greens like spinach, and wheat flours. While many plant-based foods have high oxalates and should be limited, they are healthy foods. The nutrients and fiber in vegetables and the citric acids in fruits help prevent stones. Variety is the key.

FOODS HIGH IN OXALATE	BETTER OPTIONS
Spinach, okra, collard greens and Swiss chard, cooked	Zucchini, kale, bok choy, mustard greens, lettuce, broccoli, brussel sprouts, red, yellow, orange peppers, corn, green beans, cabbage
Baked potatoes, french fries, ramen noodles	Cauliflower, white rice, parsnips, macaroni & cheese, egg noodles
Beets, sweet potatoes	Cooked carrots, squash, peaches
Tomato paste or canned tomatoes	Raw tomatoes, olive oil
Soy products (soy milk, soy butter, veggie burger)	Cow's milk products, cottage cheese, coconut milk
Rhubarb	Apple sauce, banana, pineapple
Black beans, chili beans, refried beans	Kidney beans, mung beans, black-eyed peas, chickpeas, lentils, split peas
Chocolate	Fruit-based sweets, oatmeal cookies
French toast, pancakes, bagels, breads with wheat bran	Cornbread, oatmeal bread or oat bran muffin, buttermilk biscuits, rice cakes
Nut products (almonds, cashews, peanuts, pecans, walnuts)	Popcorn, macadamia nuts, pistachios
Raisin Bran cereal, corn grits, Cream of Wheat	Special K, Rice Krispies, Corn Flakes, Kix, granola without nuts, quinoa grits

Everything in your diet is a balance. It is important to get to know more about fresh foods available to you. Learn which have high oxalates. Learn different foods with calcium. It helps to eat more foods with calcium when you eat foods with oxalates to prevent your body from making stones.

It helps to eat foods rich in calcium when you're also eating something that's high in oxalate, like spinach. The calcium and oxalate bind together in the body to prevent stones from forming.

Calcium

Eat or drink lots of calcium. Aim for about 1,000 mg of calcium per day.

It may seem like you want to avoid calcium if you have calcium-based kidney stones, but the opposite is true. Dairy is good!

Foods with calcium help keep your bones healthy and lower your risk for kidney stones. You want to eat about 1,000 mg per day, or 1,200 mg for women over age 50 and men over age 70. This means you may want to eat something with calcium at every meal. It's better to eat your calcium than take a pill. If you do not think you are meeting your nutrient requirements through food alone, talk to your health care provider. Some good choices are listed below.

DAIRY		
Cow's milk	1 cup	300 mg
Kefir (99% lactose free)	1 cup	300 mg
Low-sodium cheese: *Swiss, goat, ricotta, fresh mozzarella*	1 cup	150-300 mg
Yogurt	1 cup	150-300 mg
Sour cream	1 tablespoon	13 mg

NON-DAIRY		
Chia seeds	2 tablespoons	630 mg
Chickpeas	½ cup	350 mg
Broccoli, cooked	1 cup	200 mg
Kale, raw	1 cup	100 mg
Calcium fortified juices	1 cup	100 mg
Dried apricots	1 cup	75 mg

Not all dairy is created equal.

Try to limit cheeses with high salt, such as processed and hard cheeses like American, cheddar and muenster as well as cheese spreads. Ice cream, frozen yogurt and custard aren't the best choices either due to high sugar content.

Protein

One serving of meat per day is all you need - about the size of your fist.

Eating less animal protein can help fight the most common types of kidney stones, but it is very important for those with uric acid stones. Yes, it can be good to eat protein, but many people eat too much. With kidney stones – especially uric acid stones – you should strive to only eat about 6-8 ounces of meat, to include beef, chicken, pork or fish in one day. Picture your 6-8 ounce serving size to be about the size of your fist or a deck of cards.

Some animal protein sources lead the body to produce more uric acid than others. The ones to stay away from are those with high levels of purine. Purine causes the body to make too much uric acid.

The foods to limit in the list below have very high purine levels – from 100 to 1,000 mg per 3-ounce serving. Strive to avoid these products – or cut back if one of your favorites is on this list. Try drinking a glass of water before and after you eat to help flush out the purines.

Foods to Enjoy

- Small amounts of animal-based proteins
- Milk, yogurt, cottage cheese
- Proteins in plant-based foods like peas, split peas, lentils

Foods to Limit

- Anchovies and sardines
- Mackerel and herring
- Haddock and cod
- Scallops, shrimp and mussels
- Fish roe
- Bacon
- Meat extracts like bouillon, broth and gravy
- Mincemeat, sweetbreads
- Organ meats like liver, kidney, brains, and heart
- Veal and venison
- Goose and partridge
- Yeast and yeast extract

It's better to focus on protein from foods like peas, beans, eggs and dairy. If you don't eat a lot of protein but still make too much uric acid, medicine can help.

Season with spices.

Using herbs, spices and hot peppers can help add flavor without adding salt.

Salt

Limit the total amount of sodium in your diet to less than 2,300 mg per day.

The average person who forms stones eats about 5,000 mg of sodium per day. Excess sodium can make it hard for the body to absorb calcium. It also pulls calcium from bones and fluid from your body. The calcium will then become part of your urine and increase your risk for stones.

It helps to pay attention to the sodium you eat in each serving. A serving is different for each food type, but as a rule, one serving is equal to about a half cup. It's important to know most of the sodium we eat doesn't come from the salt shaker – 75 percent comes from processed and prepared food. Breads, snacks and canned foods are all made with a lot of sodium.

You can fight kidney stones with less-salty food! Aim to limit sodium to 2,300 mg per day. That's no more than 1 teaspoon of salt per day. This will not only reduce your risk for kidney stones, but also help reduce blood pressure and other health problems.

At first, you may miss the taste of salt. It takes about 2 to 3 weeks after starting a low-sodium diet to notice how salty processed foods are, and to really enjoy less salty options.

Foods to Enjoy

- Herbs and spices instead of salt. Try garlic, ginger, cumin, lemon or herbs
- Frozen vegetables labeled "fresh frozen" with no added seasoning
- Fresh and frozen fruits and vegetables
- Whole grains, milk and yogurt

Foods to Limit

- Pre-packaged meals
- Processed foods: try low-sodium crackers, soups, broth and canned goods
- Fast food
- Standard restaurant meals – you can ask for healthy adjustments
- Add-ons, like ketchup and salad dressing - these often are high in salt and sugar

Homemade food helps.

Home-cooked meals, fresh fruits and vegetables are the best way to eat well and eat less sodium.

Nutrition Labels

Read the clues on nutrition labels – they are there for a reason. Use them to see how much sodium, calcium, or sugar is in each "serving" of a product. The hard part is eating JUST one serving. More often than not, we eat more than just one. For example, a snack bag of chips may say it has 350 mg of salt. However, it may hold two servings. That means you're really eating 700 mg of salt when you finish the bag. Little things add up. Think about how one tablespoon of ketchup adds 154 mg of sodium to your burger.

Nutrition labels are there to help us stay on track and be proactive about what we eat. When we try to eat no more than 2,300 mg of sodium per day, up to 1,000 mg of calcium, and only 6-8 ounces of meat, it's good to be picky. Start reading food labels by picturing the serving size first, then looking at the nutrients before digging in. You can make smarter choices that way.

Here's some tips on how to read Nutrition Labels:

Always read the serving sizes.

Keep an eye on salt - it goes by several names!

Details on calories and nutrients.

Nutrition Facts

Serving Size 3 oz. (85g)
Serving Per Container 2

Amount Per Serving

Calories 200 Calories from Fat 120

	% Daily Value*
Total Fat 15g	**20 %**
Saturated Fat 5g	**28 %**
Trans Fat 3g	
Cholesterol 30mg	**10 %**
Sodium 650mg	**28 %**
Total Carbohydrate 30g	**10 %**
Dietary Fiber 0g	**0 %**
Sugars 5g	
Protein 5g	

Vitamin A 5% • Vitamin C 2%
Calcium 15% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbonhydrate		300mg	375mg
Dietary Fiber		25g	30g

Salt can stack up.

Some terms can be confusing on package labels. Watch for these tips about labels when fighting kidney stones with food.

- **Salt has many names.** Salt, sodium benzoate, disodium or monosodium glutamate (MSG).
- **Sodium-free.** Less than 5 mg of sodium per serving and contains no sodium chloride.
- **Very low sodium.** 35 mg or less per serving.
- **Reduced (or less) sodium.** At least 25 percent less sodium per serving.
- **Light (for sodium-reduced products).** "Low calorie" and "low fat" food is when sodium is reduced by at least 50 percent per serving.
- **Light in sodium.** Sodium is reduced by at least 50 percent per serving.

Keep a running tab in your notebook or food diary app on your smart phone.

A "food-diary" is helpful for staying on track. Use it to record how much you drink, and how much sodium, calcium, meat and sugar you eat each day. After a while, you won't need it anymore because you'll just "know" and you'll feel better!

Want more than water?

Though water is best, you can drink flavored water, seltzer, smoothies or unsweetened tea. Lemonade is good, but aim for less-sweet varieties. Coffee, sport drinks, fruit drinks and beer are fine; just limit them. You have many options!

Drinks

Drinking more fluid is a must for fighting kidney stones. The best thing you can do to fight kidney stones is to drink more, especially water. Aim to drink a "10x10" – 10, 10-ounce glasses per day. If you're exercising, or it's hot out, drink even more!

Try to drink more with these ideas and recipes.

- **Keep it close.** Carry a water bottle with you so you can take sips throughout the day.
- **Match with meals.** Include at least one beverage with each meal. Decaffeinated is best.
- **Drinking jug.** Keep a pitcher of water on the counter or in the fridge so it's handy at home and work.
- **Flavor it up.** Cut up lemon, lime, watermelon or mint leaves and add these to your glass of water for a refreshing flavor.
- **Eat your drinks.** Eat fluid-filled foods like watermelon, honeydew melon, plums, lettuce and cucumber.
- **Alarming results.** Set alarms for yourself on your smartphone or pop-ups on your calendar at work.
- **Lots of liquids.** Try other liquids like milk, lemonade and iced tea (homemade with less sugar) or smoothies.
- **Freeze it for fun.** Freeze juice (grape, mango) into ice cubes to cool down hot tea or make a delightful drink.
- **Stop time.** Don't let those fruits go bad. Freeze fruits like bananas, strawberries, peaches, blueberries and apricots for quick access to make a great frozen smoothie.

Fluid helps your body in many ways, it:

- Controls your heart rate and your blood pressure
- Keeps your body temperature steady
- Removes toxins and waste
- Carries nutrients and oxygen around your body
- Protects organs, tissues and joints
- Helps fight kidney stones!

Peachy Strawberry Slush Drink

Total: 10 m Serves: 3

86 calories, 0.5 g fat, 1 mg sodium, 20 g carbohydrates, 3.5 g fiber, 2 g protein, 4 mg calcium

Ingredients

4 medium peaches, peeled, pitted and sliced or one can of peaches

1 ½ cups crushed ice

1 tablespoon lemon juice or lime juice

1 ½ cups plain seltzer water, chilled

5-8 fresh strawberries

Orange peel curls (optional)

1. In a blender, combine peaches, strawberries, crushed ice and lemon or lime juice. Cover and blend until smooth.
2. Spoon fruit mixture into tall, chilled glasses; top with carbonated water. If desired, garnish drinks by threading fresh strawberry slices on wooden skewers; wrap orange peel curls around skewers. Place skewers in drinks. Fancy!

Watermelon-Rosemary Flavored Water

Total: 8 h Prep: 10 m Serves: 10

5 calories, 7 mg sodium, 1 g carbohydrates, 0.1 g fiber, 0.1 g protein, 9 mg calcium

Ingredients

1 cup watermelon

2 stems fresh rosemary

10 cups water

1. Cut watermelon into cubes.
2. Add all ingredients to a pitcher and stir.
3. Refrigerate overnight before serving.

Refreshing Cucumber and Lemon Water

Total: 8 h Prep: 10 m Serves: 8

10 calories, 9 mg sodium, 3 g carbohydrates, 0.4 g fiber, 0.4 g protein, 21 mg calcium

Ingredients

1 cucumber

1 lemon

¼ cup basil leaves

¼ cup mint leaves

8 cups water

1. Thinly slice cucumber and lemon.
2. Finely chop basil and mint leaves.
3. Add all ingredients to a pitcher.
4. Refrigerate overnight before serving, with or without ice.

Drink more water.

When it comes to managing kidney stones, drinking more water helps. Not drinking enough water is the #1 risk factor for developing kidney stones.

Breakfast

A hearty breakfast is the best way to wake up your body and mind. Here are some ideas for delicious breakfast recipes to help you fight kidney stones with food:

- **Start with water.** Enjoy your coffee or tea, but also drink a tall glass of ice water. This will help start your day on the right foot and keep your kidneys happy.
- **Focus on nutrition.** Fresh fruits are always a great basic. Avoid sugary and salty breakfast options. Swap out your orange juice for mango juice, which has fewer oxalates.
- **Begin with calcium.** Eating more calcium is important when you want to fight kidney stones. Breakfast is a great time to add dairy into your day by choosing milk and yogurt. Soy, almond and rice milk are high in oxalates, so limit these.
- **Limit sugar.** Reduce or eliminate sugar in your diet as you aim to eat fewer processed foods. Sugars like sucrose and fructose can increase your risk of kidney stones, diabetes and many other health risks. Try to avoid or limit foods with corn syrup, crystallized fructose, honey, agave nectar, brown rice syrup and cane sugar. In general, baked-goods can be high in sugar. If you can bake your own, you can cut the sugar by ¼ to ½ the amount in the recipe. It'll still taste great.

Start your day with lots of fluids to keep your kidneys happy.

Quinoa Grits n' Eggs

Total: 15 m Prep: 5 m Serves: 2

408 calories, 13 g fat, 89 mg cholesterol, 88 mg sodium, 56 g carbohydrates, 6.5 g fiber, 17 g protein, 123 mg calcium

This is a breakfast of superfood! Quinoa (keen-wa) is a powerhouse grain packed with protein, dietary fiber, iron and calcium. It offers a twist for grits. To make quinoa feel like a southern-comfort food, top it with a little butter, cheddar cheese and an egg.

Ingredients

1 cup dry quinoa

1 egg

½ tablespoon olive oil or butter

Small bunch parsley, chopped

Pinch of chopped scallions

2 tablespoons cheddar cheese, shredded

1. Rinse quinoa for about 2 minutes, using your hands to stir the grain.
2. Fill a medium pot with 2 cups water, add quinoa and bring to a boil. When the water boils, reduce heat to low and cover. Simmer covered 15 minutes. Remove from the heat and keep covered for a few more minutes without lifting the lid. Keep it covered until the quinoa is tender but still chewy. White spiral-like thread will appear around each grain.
3. While the quinoa is minutes from being done, heat olive oil or butter in a pan and fry your egg sunny side up so the white is set but the yolk remains runny.
4. Stir chopped parsley and scallion into the hot quinoa, then plate (about ½ per person). Top with shredded cheddar cheese. Place egg on top. Serve.

The quinoa can also be made in advance, stored in the refrigerator and heated in the microwave for a quick meal on the run.

Oven Omelets

Total: 30 m Prep: 10 m Serves: 8

89 calories, 6 g fat, 108 g cholesterol, 64 mg sodium, 4 g carbohydrates, 1 g fiber, 6 g protein, 95 mg calcium

These muffin-size oven omelets are easy to make and they look great! They freeze well and are easy to reheat and eat. The recipe can also be changed to your own twist on the ingredients as you like.

Ingredients

10 ounces broccoli, chopped (or any other veggie)

4 eggs

¾ cup ricotta cheese

½ cup bell peppers, diced

1 scallion or green onion, chopped

2 drops hot sauce

½ teaspoon black pepper

8 foil baking cups

Preheat oven to 350 degrees.

1. Line muffin tin with foil baking cups and spray with cooking spray.
2. Whisk all ingredients in a bowl.
3. Spoon the mixture to fill each baking cup.
4. Bake 20 minutes, or until they feel firm to the touch in the center.
5. Cool 5 minutes on wire rack before eating.
6. Once cold, wrap extras in plastic wrap to store in a freezer-safe bag. You can reheat them to enjoy later.

Fresh Blueberry Lemon Smoothie

Total: 10 m Prep: 5 m Serves: 3

85 calories, 0.7 g fat, 2 mg cholesterol, 29 mg sodium, 17.5 g carbohydrates, 2 g fiber, 3 g protein, 80 mg calcium

This high-nutrient, refreshing smoothie is an easy go-to option to fill you up as you start your day. The trick is to keep frozen fresh fruits on hand. You can slice and freeze bananas as they get soft, or any fruit that gets too ripe. (Remove the peels before freezing.) You can also buy frozen fruit.

Ingredients:

1 frozen banana

½ cup frozen blueberries

½ lemon, squeezed

½ cup frozen strawberries or mango

½ cup plain yogurt or milk

For extra nutrients, add ground flax seed

1. Blend all of the ingredients in a blender. Add 2 or 3 ice cubes and blend at high speed until smooth.
2. Pour into 3 large glasses and enjoy!

Peach and Yogurt Parfait

Total: 5 m Serves: 2

110 calories, 6 g fat, 83 mg sodium, 29 g carbohydrates, 5 g fiber, 9.5 g protein, 254 mg calcium

Have you ever seen those beautiful parfaits in a coffee shop? They can be pricey and full of sugar. Try this quick and easy recipe for breakfast or as a snack. Use fresh peaches or other great fruits like bananas, blueberries, strawberries, mango, pineapple or pears. If you're watching oxalates, try to limit higher-oxalate fruits like kiwi, oranges and raspberries.

Ingredients:

1 cup fat free plain yogurt

1 cup peach, chopped

3 tablespoons granola

A few dashes of cinnamon

1. Evenly layer ingredients in a tall glass.
2. Enjoy now or place in the refrigerator for up to 1 day.

Warm Apple Pie Oatmeal

Total: 5 m Serves: 1

267 calories, 5 g fat, 7 g cholesterol, 43 mg sodium, 50 g carbohydrates, 7 g fiber, 8 g protein, 124 mg calcium

Low in salt, high in fiber and tastes like dessert! This easy microwave recipe will satisfy your hunger and keep you full until lunchtime.

Ingredients

⅓ cup milk

½ cup rolled oats

½ small apple, diced

1 dash ground cinnamon

1 dash ground nutmeg

1 teaspoon brown sugar

Optional: 2 tablespoons shredded coconut or granola to garnish

1. Combine milk, oats, diced apple, cinnamon and nutmeg in a large bowl. Microwave on high for 1 ½ minutes. Stir.
2. Add a small amount of brown sugar just before eating. This offers the best flavor and helps you avoid using too much. For a little crunch, add shredded coconut or granola just before eating. Enjoy!

No-Cook Overnight Oatmeal

Total: 8 h Prep: 5 m Serves: 1

433 calories, 17 g fat, 27 mg cholesterol, 77 mg sodium, 57 g carbohydrates, 6.5 g fiber, protein, 284 mg calcium

When you don't have time to cook before work, make a few mason jars full of this oatmeal for grab-and-go breakfast. The chia seeds give you extra calcium and antioxidants the natural way. Play with the recipe by using different spices and your favorite berry or fruit.

Ingredients

⅓ cup milk

¼ cup rolled oats

¼ cup Greek yogurt

1 teaspoon chia seeds

1 teaspoon honey or maple syrup

1 teaspoon vanilla

1 teaspoon ground cinnamon

¼ cup fresh fruit (bananas, peaches, mango, strawberries or blueberries)

Optional: shredded coconut

1. Combine milk, oats, Greek yogurt, chia seeds, honey, vanilla and cinnamon in a half-pint jar with a lid; cover and shake until combined. Remove lid and fold in fruit. Cover jar with lid.
2. Refrigerate overnight. Enjoy in the morning.

Main Meals

There's a lot to think about when you're fighting kidney stones with food. The main things are more fluids, more calcium, less sodium, less oxalate and less animal protein. Here are some tips and recipes to help plan your main meals.

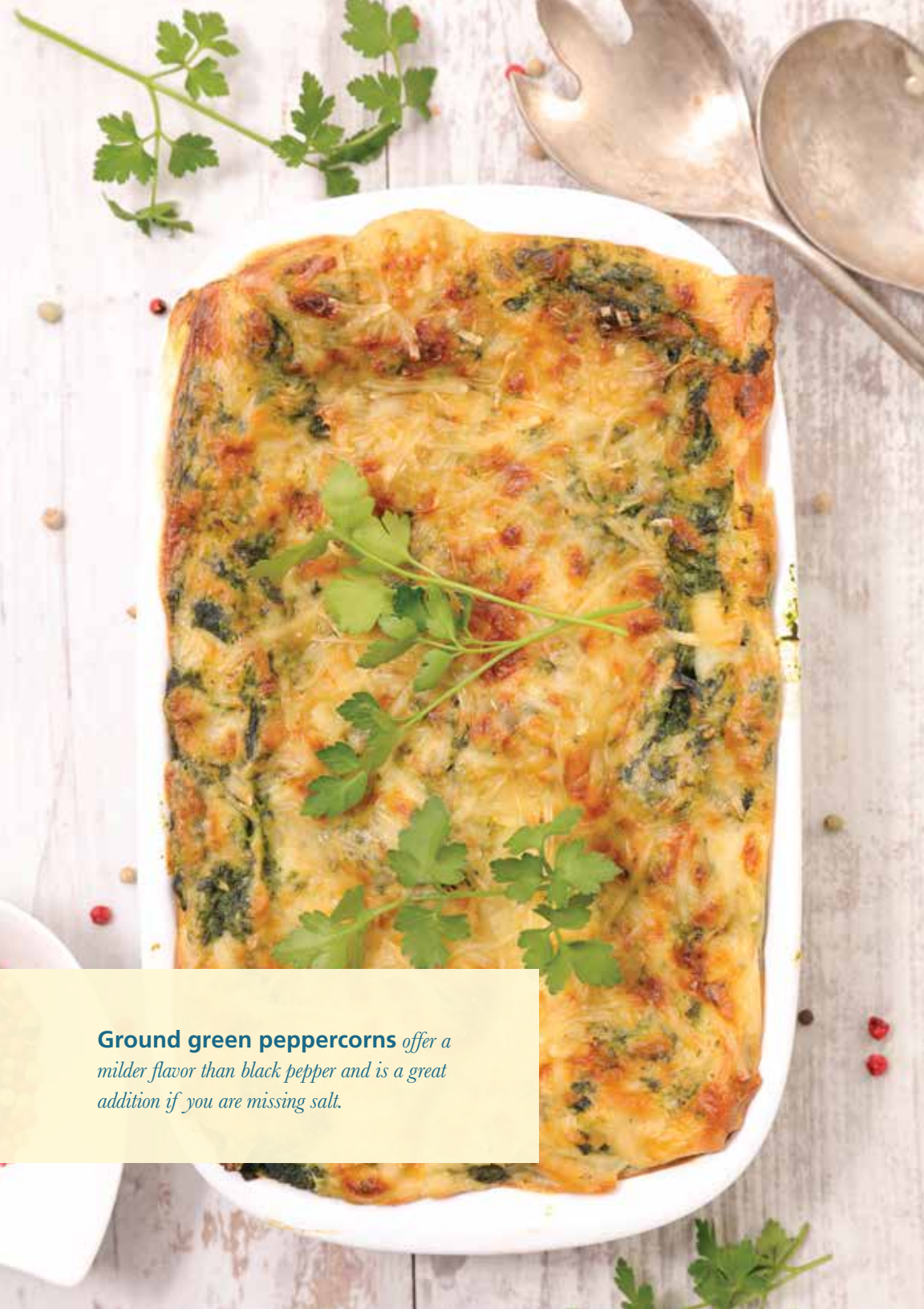
- **Fresh first.** Focus on eating fresh and homemade food. Fresh fruits and veggies can help you control your diet and limit salt. More than 75 percent of the American diet is filled with sodium and sugar from packaged foods.
- **Start with water.** Drink a glass of water before and after your meal to stay hydrated and help your body digest. Your kidneys will appreciate the fresh water.
- **Kick the can.** Use frozen foods to replace some canned foods, pick lower-sodium options, and rinse canned food to lower the sodium by 40 percent.
- **Slow down.** Eat smaller portions, slow down and enjoy the meal.
- **Spice it up.** Turn your salt shaker into an herb shaker. Also, try hot sauces or fresh hot peppers to season your food.
- **Tart tastes.** Sprinkle vinegar or citrus juice to enhance flavors. Vinegar is good on green vegetables, and citrus is great on fruits. Both are great on fish.
- **Plan ahead.** Plan when you'd like to eat more meat and salt. Maybe you'd like to focus on dinner for this, so you can avoid it in your other meals. Consider meat-alternatives in your main meals too.
- **Use calcium.** Eat something with calcium to balance meals with high or moderate oxalate foods.

On the side:

Broccoli rice is an interesting twist on an old favorite. It's just roughly chopped broccoli stalks made into small pieces like rice. Sauté the broccoli with olive oil, minced garlic and a pinch of seasoning. Cook for 5 minutes. Add a squirt of lemon. It's great with chicken, pork or fish.

Mashing steamed cauliflower with cannellini beans gives you a higher-protein, lower-oxalate version of mashed potatoes. Use roasted garlic, vegetable stock and parsley for a rich flavor.

Kale and bok choy are great substitutes for high-oxalate spinach.



Ground green peppercorns *offer a milder flavor than black pepper and is a great addition if you are missing salt.*

Three Cheese Veggie Lasagna

Total: 1 h Prep: 15 m Serves: 8

447 calories, 9.5 g fat, 38 mg cholesterol, 150 mg sodium, 70.3 mg carbohydrates, 4.2 g fiber, 19.6 g protein, 352 mg calcium

Lasagna is a food that Americans have adopted from Italy as a family favorite. This three-cheese veggie lasagna uses a rich white sauce to add a creamy taste with added calcium. The healthy vegetables are mixed within. This hearty meal will satisfy your hunger and your kidneys!

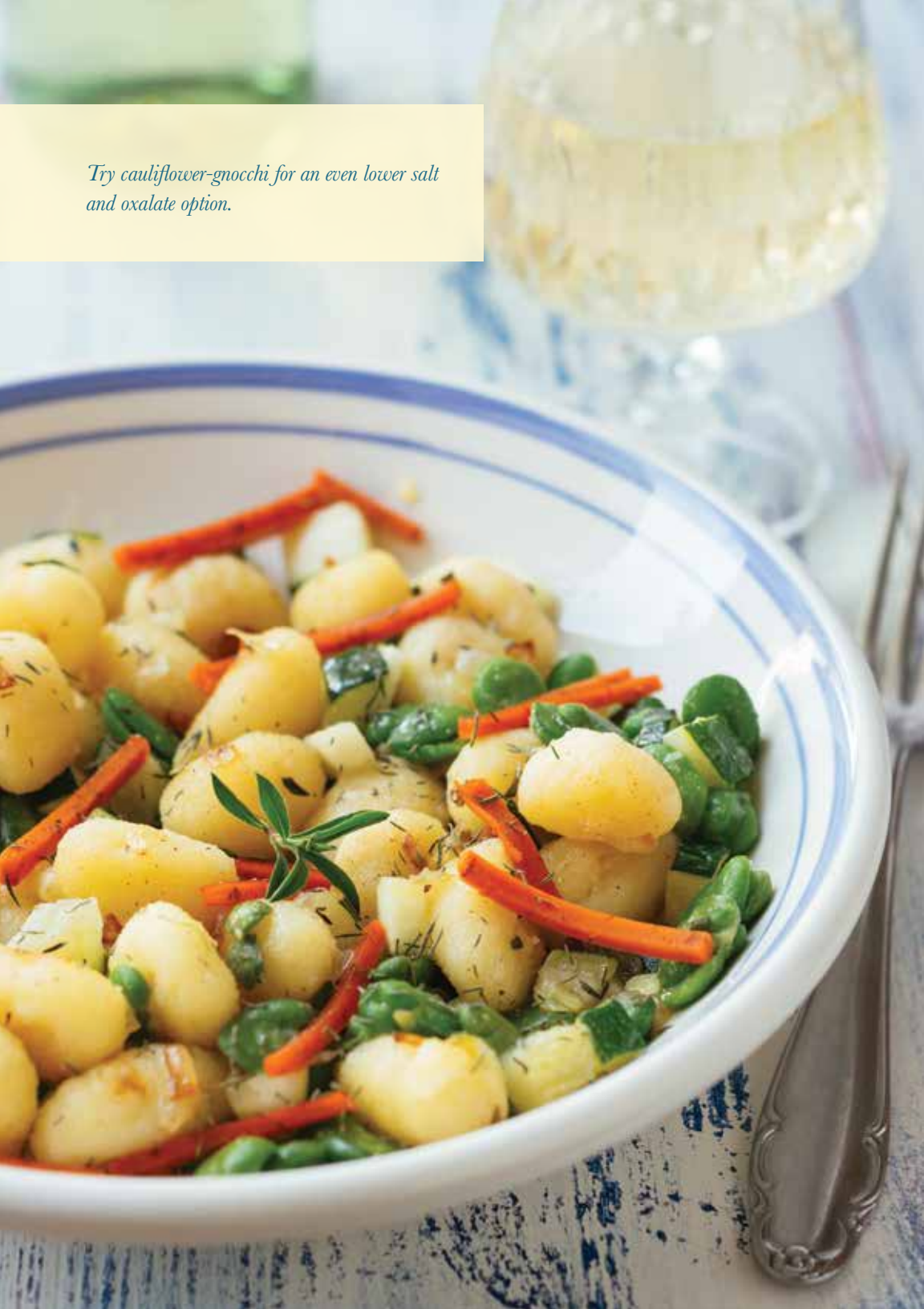
Ingredients

- 2 teaspoons olive oil
- 1 onion, diced
- 1 yellow squash, cubed
- 3 cloves garlic, crushed
- 5 ounce bag of kale-broccoli slaw (or shredded kale)
- 1 15-ounce container fat free ricotta cheese
- ½ cup low fat shredded Swiss cheese
- 3 tablespoons parmesan cheese
- 3 cups fat free milk
- 3 tablespoons all-purpose flour
- 1 package no-boil lasagna, divided into thirds
- Ground green pepper to taste as garnish

Preheat the oven to 375 degrees.

1. Spray 9x13-inch baking dish with nonstick spray (olive oil spray is great).
2. Heat oil in large non-stick skillet over medium-high heat. Add onion and squash; cook, stirring occasionally, until lightly browned, about 8 minutes. Stir in kale and garlic; cook, stirring constantly, until wilted, about 3 minutes. Remove from heat; let cool 5 minutes. Stir in ricotta, Swiss & parmesan cheeses until well mixed. Set aside.
3. To make sauce, whisk together milk and flour in medium saucepan until smooth. Cook over medium heat whisking constantly, until sauce comes to a boil and thickens, about 8 minutes.
4. Layer ingredients into baking dish: ½-cup sauce in bottom of dish, top with ⅓ of noodles (3-4 noodles), overlapping slightly and then top with ½ of veggie mixture over noodles. Repeat. The top layer will include last ⅓ of noodles and the remaining sauce.
5. Cover lasagna loosely with foil. Bake 45 minutes. Remove foil, bake until hot and bubbly, about 10 minutes. Let stand 10 minutes before serving.

Try cauliflower-gnocchi for an even lower salt and oxalate option.



Fried Gnocchi with Broccoli and Peas

Total: 30 m Prep: 10 m Serves: 4

380 calories, 15 g fat, 2 mg cholesterol, 295 mg sodium, 50 g carbohydrates, 5.3 g fiber, 13.2 g protein, 104 mg calcium

The only thing better than dumplings are fried dumplings! Add onions, garlic, broccoli and peas to gnocchi and you've got a filling and fun dish. Gnocchi are Italian dumplings made of potatoes or flour (or both) and eggs. Some packaged gnocchi have a high salt content, so pick a lower-sodium variety.

Ingredients

1 pound prepared gnocchi

4 tablespoons extra-virgin olive oil

1 small to medium yellow onion, thinly sliced (about 1 cup)

2 cups chopped broccoli (frozen or fresh)

½ cup frozen peas

2 cloves diced garlic

¼-½ cup water

¼-½ teaspoon red pepper flakes (more or less, to taste)

1 teaspoon lemon zest, plus 2 tablespoons lemon juice

2 tablespoons grated parmigiano-reggiano, more for serving

1. Bring a large saucepan of water to a boil. Add the gnocchi and cook them until they float. Drain.
2. Meanwhile, in a large (preferably 12-inch) nonstick skillet, heat 2 tablespoons oil to cook the onion over medium heat until it begins to brown. Add in the broccoli and garlic. Stir and sauté, then cover the mixture for 5 minutes or so, until the broccoli softens. Add the frozen peas and pepper flakes and sauté for another 2-3 minutes until the peas warm. Stir in the lemon zest and lemon juice. Put this mixture aside.
3. Add the remaining 2 tablespoons of oil to the skillet and add in the gnocchi. Fry the gnocchi over medium-high heat for about 5 -10 minutes, stir. Brown the gnocchi on all sides.
4. Gently mix in the onion, broccoli and pea mixture, as well as the parmigiano, along with about 4 tablespoons water to moisten and coat the gnocchi.
5. Serve immediately, sprinkled with extra parmigiano.

Comforting Chicken Noodle Soup

Total: 65 m Prep: 15 m Serves: 6

190 calories, 5.5 g fat, 64 mg cholesterol, 152 mg sodium, 14 g carbohydrates, 1.4 g fiber, 21 g protein, 24 mg calcium

Chicken noodle soup is one of those meals that we all know and love. This one is made with hearty chicken in a seasoned broth with wholesome vegetables and noodles. Here's a quick and easy recipe that provides a comforting and satisfying meal.

Ingredients

2 tablespoons unsalted butter or margarine

½ yellow onion chopped

2 carrots, sliced

2 stalks celery, thinly sliced

½ teaspoon coarse ground black pepper

4 cups low-sodium chicken broth

2 boneless, skinless chicken breasts

1 teaspoon fresh dill

8 ounces egg noodles, cooked 1 minute less than the directions

1. Start by sautéing the onion in a large pot or Dutch oven. Cook over medium heat with the butter or margarine. When the onion wilts, add the celery, carrots and pepper, and sauté for another for 3-4 minutes.
2. Add broth and chicken. Bring the soup to a boil, then reduce the heat, add dill and simmer for 20 minutes. Remove the chicken and shred it into bite-size pieces.
3. Before serving, add the noodles. This lower-salt version will taste sweeter than traditional soup.

Black-eyed Pea Soup

Total: 15 m* Prep: 10 m Serves: 6

With chicken: 105 calories, 3 g fat, 8 mg cholesterol, 112 mg sodium, 14 g carbohydrates, 0.6 g fiber, 6 g protein, 20 mg calcium

This soup is easy to make for a nice weeknight meal. Black-eyed peas are a low-oxalate bean, so they're great to use. This tasty meal is made with 'good for you' ingredients – and will help you fight kidney stones. Make it with or without chicken, based on your meat limit for the day.

Ingredients

2 teaspoons olive oil or butter

2 leeks, white and light green parts only, cut into ¼-inch rounds

½ teaspoon dried sage

3 14-ounce cans reduced salt chicken broth

1 15-ounce can black-eyed peas, rinsed

Optional: 3 boneless chicken breasts, baked and shredded

1. Heat oil or butter in large pot over medium high heat.
2. Add leeks and cook, stirring until soft (about 3 minutes).
3. Stir in sage and keep cooking until aromatic (about 30 seconds).
4. Stir in broth, raise heat to high, cover and bring to a boil.
5. Add black-eyed peas (and optional chicken) and cook until heated through (about 3 minutes). Serve hot.

** Total time is based on using pre-cooked chicken.*

Herbed Salmon with Bok Choy

Total: 30 m Prep: 20 m Serves: 4

245 calories, 13 g fat, 75 mg cholesterol, 61 mg sodium, 9 g carbohydrates, 1 g fiber, 23 g protein, 26 mg calcium

Using herbs and spices helps reduce salt without missing flavor. This meal will look good, taste great and will be a healthy choice for fighting kidney stones. Serve it with couscous and sautéed bok choy for a very satisfying, highly nutritious meal in less than 30 minutes!

Ingredients

4 slices of salmon (about the size of a deck of cards) rinsed with water

1 tablespoon olive oil

1 tablespoon salt-free seasoning blend

2 tablespoons fresh rosemary

4 lemon slices

4 tablespoons lemon juice

½ cup white wine

Preheat the oven to 400 degrees.

1. Brush top and bottom of salmon fillets with olive oil and flavor with seasoning blend and chopped rosemary.
2. Place each piece of seasoned salmon on a piece of aluminum foil.
3. Top each piece with 1 lemon slice, 1 tablespoon of lemon juice, ½ tablespoon of wine.
4. Wrap salmon tightly in the foil packets.
5. Place the foil packets in the oven and bake for 15-20 minutes. Alternate: place foil packets on hot grill and cook for 10 minutes, flipping once.
6. Test fish to see that the fish is flaky before serving.

Enjoy this Main Meal with a side of Bok Choy

2 tablespoons olive oil

4 cups bok choy (2 bunches), rinsed well (especially between stalks)

2 cloves of garlic, chopped

½ cup low-salt chicken or vegetable stock

½ fresh lemon

In a large pan, heat olive oil. Drop in the bok choy, garlic, and low-salt stock. Stir and cover to cook for 3-5 minutes until the leaves are soft, but still have a crunch. Mix occasionally. Squeeze fresh lemon on top and mix it in.

For more a more flavorful rice, sauté onion, finely cooked carrot and 2 cloves of chopped garlic. Add the sautéed vegetables to the rice before adding the water for cooking. Or, you can also try broccoli rice.

Robust Chicken Curry

Total: 30 m Prep: 20 m Serves: 4

548 calories, 16 g fat, 94 mg cholesterol, 219 mg sodium, 54 g carbohydrates, 3.3 g fiber, 43 g protein, 125 mg calcium

This quick and easy chicken curry is creamy, full of flavor and takes less than half an hour to cook! The basmati rice makes the complete dish more delicious and filling.

Ingredients

½ onion, sliced

1 can chickpeas, drained and rinsed (try a low-sodium variety)

1 cup cauliflower, small pieces

6 spring onions, chopped

3 cloves of garlic, diced

2 tablespoons vegetable oil

Half of one 14-ounce can of low-sodium diced tomatoes

2 tablespoons curry powder

1 teaspoon ground ginger

4 pieces of boneless skinless chicken thigh, cut into 1 inch pieces

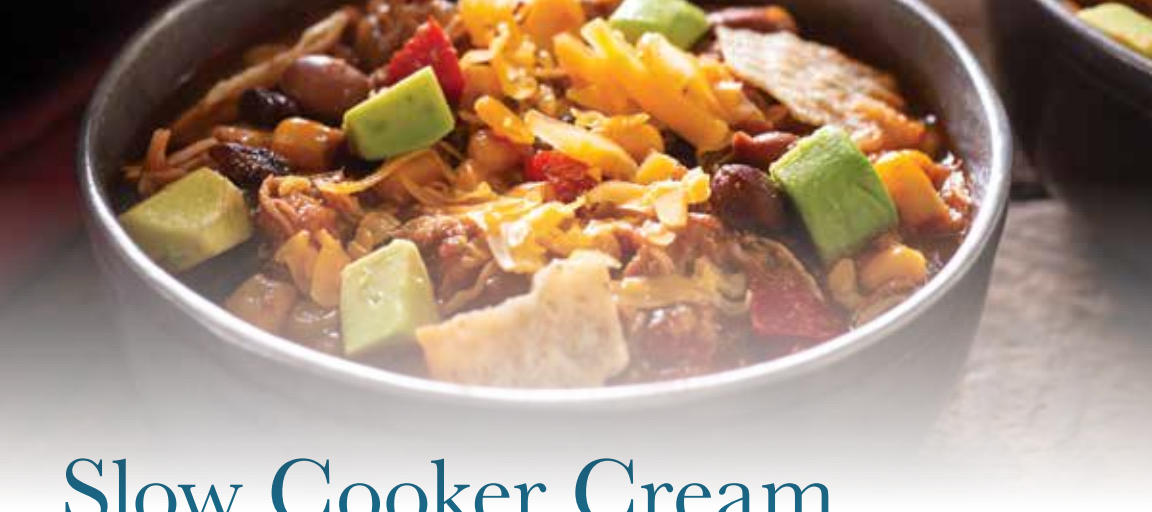
¼ cup water

¼ cup plain Greek yogurt, plus extra to serve

Pinch of pepper

1 cup basmati rice

1. Thinly slice the onions. Dice the garlic and cauliflower.
2. Heat oil in a large saucepan over medium heat. Cook the onions for a few minutes. Add garlic, curry powder, ginger and chicken. Cook for 2-3 minutes on each side to coat and brown the chicken. Add a splash of water if the pan gets dry (you don't want the spices to burn).
3. Add tomatoes and ¼ cup water; boil. Reduce heat to medium-low and cook for 10-15 minutes. It's ready when the chicken is cooked through with no sign of pink in the middle of the pieces.
4. For Rice: While the chicken cooks, prepare the rice. Pour the rice into a saucepan and rinse it under cold tap water. Drain the cloudy water away and rinse again. Boil the rice in fresh water then cover and reduce the heat to a low simmer for 10 minutes. Remove from heat, and let it sit about 10 minutes. Keep the lid on to let the rice finish cooking.
5. Take the curry off the heat. Stir in the yogurt, then season with pepper. Serve the curry with the rice and garnish with a drizzle of yogurt.



Slow Cooker Cream Cheese Chicken Chili

Total: 6 h Prep: 10 m Serves: 6

417 calories, 13 g fat, 40 mg cholesterol, 378 mg sodium, 51 g carbohydrates, 11.5 g fiber, 26 g protein, 83 mg calcium

This recipe brings you a creamy warm comfort food that will make your hungry crowd smile. Just throw frozen chicken and other ingredients into the slow cooker, and return a few hours later to an amazing one-dish meal. Top with cheese, jalapeños or avocados for a fun twist. Pay attention to the sodium you eat earlier in the day so you can eat a second bowl of this yummy chili!

Ingredients

2 cups dried kidney beans, soaked for 24 hours (or one, 15-ounce can, rinsed)

1 ½ cups frozen corn

1 onion, diced

1 can diced tomatoes with green chilies

2 chicken breasts

3 tablespoons ranch seasoning

1 teaspoon cumin

1 tablespoon dark red chili powder

1 teaspoon onion powder

1 teaspoon garlic powder

1 cup water

1 8-ounce package of cream cheese

1. Place frozen chicken breast in the bottom of the slow cooker. Add onion, corn, beans, canned tomatoes, water and all seasonings. Top with cream cheese.
2. Cook on low for 8 hours.
3. Shred chicken. Stir entire contents to blend and serve.

Cold Turkey Rice Salad

Total: 30 m* Prep: 10 m Serves: 4

660 calories, 8 g fat, 8 mg sodium, 134 g carbohydrates, 6 g fiber, 13 g protein, 60 mg calcium

Whether you're hosting a party or going to one, this recipe offers a light, healthy salad that tastes great with warm, crusty bread or on a lush bed of greens. It can save you time if you make it in advance and chill it in the refrigerator. It offers a nice change from a heavy meal.

Ingredients

- 2 tablespoons rice vinegar
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 3 ½ cups cooked wild or brown rice
- 1 ½ cups chopped, boneless, skinless, cooked turkey breast
- ⅓ cup dried cranberries
- 1 bunch chopped green onions (½ cup)

1. Use leftover turkey from a prior meal. Or, cook turkey in advance by roasting 2 turkey cutlets in the oven. Brush with oil and place them in shallow roasting pan. Cook in oven preheated to 350 degrees for 15-20 minutes, to an internal temperature of 180 degrees. Chill and cut into small squares.
2. Cook wild or brown rice as directed in advance. Chill.
3. In a small bowl, whisk together the vinegar, lime juice, oil, honey and ginger.
4. In a large bowl, combine the rice, turkey, cranberries and green onion.
5. Toss with the ginger dressing. Refrigerate until ready to serve.

**Total time is based on using pre-cooked turkey.*

Still want some extra spice?

Top with sriracha or another hot sauce for an extra kick!

Slow Cooker Thai Chicken

Total: 6 h Prep: 10 m Serves: 6

178 calories, 7.2 g fat, 48 mg cholesterol, 224 mg sodium, 10.1 g carbohydrates, 2.9 g fiber, 19 g protein

This rich, delicious one-pot dish includes a balance of spice with creamy coconut, a nutty edge and a bright touch of lime. You can skip the delivery! Thai Chicken is easy to make with a slow cooker. For a lower-oxalate twist, replace the traditional peanut butter with a delicious sun-butter (sunflower seed butter).

Ingredients

13 ½ ounces unsweetened coconut milk

7 teaspoons Thai red curry paste

1 teaspoon chopped garlic

½ teaspoon ground ginger

1 head uncooked cauliflower, cut into florets

1 sweet red pepper, coarsely chopped

2 medium carrots, cut into ½ inch slices

1 pound chicken breast, uncooked and cut into 2-inch cubes

2 tablespoons sunflower seed butter (no salt variety)

⅓ cup fresh cilantro, chopped

3 medium green onions, sliced

1 fresh lime, cut into 6 wedges

1. Cube chicken and coat with 2 teaspoons of curry paste to marinate while preparing the rest of the ingredients.
2. In a 4 to 6 quart slow cooker, add coconut milk, 2-4 more teaspoons curry paste, garlic, ginger and salt. Add cauliflower, red pepper and carrots. Mix to coat. Place chicken on top of the vegetable mixture.
3. Cover and cook on LOW setting until cooked through and veggies are tender, about 5-6 hours.
4. Gently stir in sunflower seed butter and more curry paste (if you like the spice) into slow cooker until blended.
5. Stir in cilantro and green onions.
6. Spoon into bowls and serve with a lime wedge.

Orzo with Roasted Vegetables and Feta

Total: 40 m Prep: 15 m Serves: 6

334 calories, 18 g fat, 213 g sodium, 35 g carbohydrates, 2.7 g fiber, 9 g protein, 107 mg calcium

This dish is hearty enough to be eaten as a meal if you double the serving, but it's nice as a side dish too. The combination of vegetables, orzo, feta, with the crunch of pine nuts, give it an irresistible flavor.

Ingredients

1 small eggplant (or squash), 1-inch diced

1 red bell pepper, 1-inch diced

1 yellow bell pepper, 1-inch diced

1 red onion, peeled and 1-inch diced

2 garlic cloves, minced

1 teaspoon salt-free seasoning blend

2 teaspoons olive oil

½ pound orzo or rice-shaped pasta

For the dressing:

⅓ cup freshly squeezed lemon juice (1-2 lemons)

⅓ cup olive oil

½ teaspoon freshly ground black pepper

For the topping:

4 scallions, minced (white and green parts)

¼ cup pignolis (pine nuts), toasted

¾ cup feta, crumbled (choose a lower-salt option)

Preheat the oven to 425 degrees.

1. Toss the eggplant (or squash), bell peppers, onion and garlic with the olive oil, on a large sheet pan. Roast for 30 minutes, until browned, turning once with a spatula.
2. Meanwhile, cook the orzo in boiling water for 7 to 9 minutes, until tender. Drain and transfer to a large serving bowl.
3. Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.
4. Mix dressing together and toss into the pasta and vegetable mixture.
5. Serve, topped with scallions, pine nuts and feta.

Sides

Even small changes in the way you snack can help you reduce how much sodium, oxalate and uric acid you eat. Here we offer lots of tips and recipes to help spark your own ideas to fight kidney stones with sides.

- **Change the chips.** Bring homemade kale chips instead of potato chips to your next picnic. To make: remove the thick center of kale leaves, place in a single row on a baking sheet, and spray with oil spray. Bake for 10 minutes at 425 degrees or until crispy. Sprinkle with powdered vinegar to add some of that fun "salt and vinegar" chip flavor.
- **Wise fries.** Replace your beloved french-fried potatoes with carrot sticks. Slice carrots into thin sticks. Coat the sticks with olive oil and pepper then bake at 425 degrees. After 10 minutes, flip the carrots to brown the other side. Before serving, toss with a pinch of low-salt seasoning. You'll be surprised at how good they are!
- **Switch sauces.** Substitute mashed avocado for mayo on a sandwich - it provides mono-unsaturated fats and a good dose of green! Greek yogurt is another favorite substitute for mayo.
- **Don't boot the fruit.** Wonderful fresh fruit is very low in oxalates and salts. Keep melon or grapes on hand for a snack. A sweet side dish could be barbecued peaches or applesauce.
- **Pay attention to salty snacks.** Try to avoid pickles, canned or marinated vegetables, olives, cured meats, bacon and bacon bits, seasoned croutons, hard cheeses, salted seeds and nuts.
- **Serving salad.** Order salad dressings on the side. When you dip your fork in dressing before taking a bite of salad, you can enjoy the flavor. Try our ranch dressing on page 61.

Cauliflower Steaks

Total: 30 m Prep: 10 m Serves: 4

147 calories, 13 g fat, 44 mg sodium, 8 g carbohydrates, 4 g fiber,
3 g protein, 35 g calcium

Cauliflower is a hearty vegetable that's more interesting than many of us realize. This low-calorie, low-oxalate food has a ton of nutrition. It has protein, thiamin, riboflavin, niacin, magnesium and phosphorus. It's a good source of fiber, vitamin C, vitamin K, vitamin B6, folate, potassium, and more. Try these oven-roasted cauliflower steaks seasoned with a simple lemon-garlic sauce.

Ingredients

1 large head cauliflower, sliced lengthwise through the core into 4 'steaks'

¼ cup olive oil

1 tablespoon fresh lemon juice

2 cloves garlic, minced

½ teaspoon red pepper flakes, or to taste

Pinch ground black or green pepper

Preheat oven to 400 degrees.

1. Line a baking sheet with parchment paper.
2. Place cauliflower steaks on the prepared baking sheet.
3. Whisk olive oil, lemon juice, garlic, red pepper flakes and black pepper together in a bowl. Brush ½ of the olive oil mixture over the tops of the cauliflower steaks.
4. Roast the cauliflower steaks in the preheated oven for 15 minutes. Gently turn over each steak and brush with remaining olive oil mixture. Continue roasting until tender and golden, 15 to 20 minutes more.

Asparagus with Lemon Sauce

Total: 10 m Prep: 5 m Serves: 4

56 calories, 3.5 g fat, 27 g sodium, 6 g carbohydrates, 3 g fiber, 2 g protein, 25 mg calcium

Asparagus is a delicious, healthy springtime vegetable. It holds nutrients to help fight cancer, feed your brain and help you slim down. It is high in potassium, which is good for blood pressure and it has asparaptine, which helps improve blood flow. Try this recipe for asparagus with a creamy lemon sauce. It's a great side dish and an easy choice for people who want to fight kidney stones.

Ingredients

20 medium asparagus spears, rinsed and trimmed

1 fresh lemon, rinsed (for peel and juice)

2 tablespoons reduced-fat mayonnaise

⅛ teaspoon ground black pepper

1. Place 1 inch of water in a 4-quart pot with a lid. Place a steamer basket inside the pot and add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook for 5-10 minutes, until asparagus is bright green and easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove seeds. Add mayonnaise and pepper. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1½ teaspoons per portion) and serve.

Market Quinoa Salad with Fresh Mozzarella

Total: 30 m Prep: 10 m Serves: 6

548 calories, 16 g fat, 94 mg cholesterol, 219 mg sodium, 54 g carbohydrates, 3.3 g fiber, 43 g protein, 125 mg calcium

Market quinoa salad is protein packed and filled with fresh flavors. The tangy dressing, mixed with smooth pieces of delicious, fresh mozzarella cheese, is one you may want to use on other salads. The cheese adds calcium to this already nutrient-rich dish. You can add fresh herbs like mint, cilantro or basil to brighten the flavors even more.

Ingredients

1 cup cooked quinoa (quinoa is cooked like rice: 1 cup quinoa in 2 cups water)

¼ cup red onion, diced

1 cup cherry tomatoes, halved

1 cup frozen sweet peas

1 red bell pepper, diced

1 yellow pepper, diced

1 small zucchini or cucumber, diced

1 round fresh mozzarella (about ¾ cup)

⅛ cup fresh parsley, chopped

For the Dressing (to taste):

½ lemon, squeezed

1 tablespoon orange juice

2 tablespoons extra virgin olive oil

1 ½ tablespoons balsamic vinegar

½ teaspoon mustard (or dry mustard for even lower sodium)

1 teaspoon garlic, minced

½ teaspoon dried oregano

⅛ teaspoon (or 3 grinds) fresh pepper

1. Rinse quinoa for about 2 minutes, using your hands to stir the grain.
2. Fill a medium pot with 2 cups water, add quinoa and bring to a boil. When the water boils, reduce heat to low and cover. Simmer covered 15 minutes. Remove from the heat and keep covered for a few more minutes without lifting the lid. Keep it covered until the quinoa is tender but still chewy. White spiral-like thread will appear around each grain. Fluff with a fork and set aside in a large mixing bowl to cool.
3. Dice all of the vegetables and mix them together. (Do not add the cheese yet.)
4. Combine the vegetables, quinoa, and add ½ of the dressing. Add the cheese and taste. Add more dressing until you get the flavor you like.

Cucumber-Carrot Salad

Total: 40 m Prep: 10 m Serves: 4

46 calories, 0.8 g fat, 22 mg sodium, 10 g carbohydrates, 2 g fiber,
1 g protein, 23 mg calcium

Try this light Asian salad when you're looking for something different. You can use a fun "spiralizer" to thinly slice the vegetables, or use pre-packaged thinly sliced carrots. More simply, you can use a handy peeler to create paper-thin vegetable slices. The vinaigrette is light and refreshing.

Ingredients

¼ cup unseasoned rice vinegar
1 teaspoon sugar
½ teaspoon olive oil
⅛ teaspoon black pepper
½ cucumber
1 cup carrots
2 tablespoons green onion
2 tablespoons red bell pepper
½ teaspoon no-salt Italian seasoning

1. Combine rice vinegar, sugar, olive oil and black pepper in a medium bowl. Stir with a whisk.
2. Cut the cucumber in half vertically, remove seeds and use a peeler, spiralizer or knife to thinly slice into thin pieces. Slice carrots and green onion. Finely chop the bell pepper.
3. Add carrots, onion, red bell pepper, cucumber and Italian seasoning to vinegar mixture; toss to coat.
4. Cover and chill 30 minutes.

Cornbread-Broccoli Stuffing

Total: 1 h 20 m Prep: 20 m Serves: 4

222 calories, 9.5 g fat, 43 mg cholesterol, 452 mg sodium, 28.2 g carbohydrates, 2.5 g fiber, 7 g protein, 108 mg calcium

This cornbread stuffing is savory and nutritious. Broccoli adds vitamins K and C, with folate (folic acid), potassium and fiber. Serve it with meat, fish or a vegetable-based main dish.

Ingredients

Cornbread

¾ cup cornmeal
3 tablespoons all-purpose flour
¾ teaspoon baking powder
¼ teaspoon baking soda
⅛ teaspoon salt
½ cup 2-percent milk
⅛ teaspoon vinegar
1 egg
1 tablespoon canola oil

To make the cornbread:

Preheat the oven to 425 degrees.

1. Combine the cornmeal, flour, baking powder, baking soda and salt in a bowl.
2. Make a well in the center.
3. In a large measuring cup, whisk together the milk, vinegar, egg and oil.
4. Pour the liquid ingredients into the well and gently stir until all is moistened.
5. Spray a 7-inch square baking dish with cooking spray.
6. Pour in the cornmeal batter and spread evenly.
7. Bake for 20 minutes or just until golden and the center springs back when touched.

Stuffing

1 ½ tablespoons margarine
¾ cup frozen broccoli (partially thaw and chop in ½" pieces)
2 slices white bread, crust removed, torn in pieces
1 ⅔ cups chicken broth (low sodium variety)
¾ teaspoon poultry seasoning
¼ teaspoon ground sage
½ teaspoon onion powder
⅛ teaspoon white pepper

To make the stuffing:

1. In a large mixing bowl, combine the cornbread (crumbled) and white bread pieces.
2. In a saucepan, over medium heat, sauté the broccoli and butter until tender – do not brown.
3. Combine the sautéed broccoli with the bread mixture. Stir in chicken broth, using enough to moisten. Stir in the seasonings and blend well.
4. Spread the mixture in a large shallow baking dish measuring about 10" x 15".
5. Bake for 20-30 minutes.

Bonus: roast additional artichokes, parsnips or halved radishes for additional variety. Add frozen corn for a sweet "pop".

Roasted Spring Vegetables

Total: 30 m Prep: 10 m Serves: 4

124 calories, 7 g fat, 70 mg sodium, 13 g carbohydrates, 4.5 g fiber, 4 g protein, 60 mg calcium

You can add fresh, colorful and richly flavored vegetables to any meal with this super easy recipe. It is full of nutrients, low in sodium and oxalates and has no added sugar and no uric acid. Roasting vegetables "wakes-up" their flavors. Add these roasted vegetables to a bed of lettuce and you can enjoy a light, but filling lunch.

Ingredients

6 carrots, quartered lengthwise

1 bunch of asparagus, ends trimmed

1 head of broccoli, cut or broken into medium pieces

1 head of cauliflower, cut or broken into medium pieces

2 leeks, green ends removed, halved lengthwise, and divided into three chunks

2 tablespoons olive oil

½ teaspoon ground black pepper

¼ teaspoon paprika

¼ teaspoon garlic powder

1 tablespoon fresh lemon juice

Pinch of salt-free seasoning mix

Preheat the oven to 425 degrees.

1. On a baking pan lined with parchment paper, place the carrots and sprinkle 1 tablespoon of olive oil on them. Mix the carrots in the oil so everything is coated. Roast for 10 minutes.
2. While the carrots cook, mix the asparagus, broccoli, cauliflower and leeks in the remaining olive oil.
3. Take out the carrots and spread the remaining vegetables into the pan. Season the tops of the vegetables with pepper, paprika, garlic powder and lemon juice. Return to the oven and roast for another 20-25 minutes. Stir the mixture halfway through.
4. Remove from the oven, sprinkle with a pinch of no-salt seasoning, mix well and serve.

Homemade Ranch Dip

Total: 5-10 m Serves: 20 (dips)

9 calories, 0.2 g fat, 1 mg cholesterol, 4 mg sodium, 0.5 g carbohydrates, 1 g protein, 12 mg calcium

Typically, store-bought dips are full of hidden sodium. In this easy recipe, there's only 4 mg of sodium and added calcium. You can serve it as a dip or a salad dressing.

Ingredients and Directions

(Simply mix everything together):

1 cup Greek Yogurt (pick a low-sodium variety)

½ teaspoon dried or fresh dill

½ teaspoon dried parsley

¼ teaspoon garlic powder

½ teaspoon dried minced onions

Pinch of black pepper

Raw vegetables are perfect to eat with this nice ranch dip as an every-day snack!

With raw vegetables, you get a filling, nutrient-rich and fiber-filled snack that's much better for your health (and your waistline!) than chips. Keep sliced vegetables in your fridge for a quick, grab-and-go idea. Try:

- Carrot sticks
- Celery sticks
- Broccoli or cauliflower florets
- Cucumber slices
- Red, yellow, orange, or green peppers
- Snap peas
- Raw zucchini
- Tomatoes
- Raw string beans
- Radish

The Basics

- **Fluids.** Drink enough fluids each day - 3 liters, or 10, 10-ounce glasses.
- **Fruits & Veggies.** Eat plenty every day - at least 5 servings of ½ cup each.
- **Low Oxalate.** Eat foods with low oxalate levels - only if you have high urine oxalate.
- **Less Meat.** Eat more plant-based protein and limit meat - strive for 1 small portion a day.
- **Calcium.** Eat more calcium-rich foods - about 1,000 mg per day.
- **Less Salt.** Limit sodium in your diet - 2,300 mg, or one teaspoon of salt, per day.

Tips

Dining Out

- **Plan ahead.** Eat less sodium, oxalate and meat while at home, so you have more choices while eating out.
- **One size doesn't fit all.** Buffet-style restaurants and diners often offer fewer healthy choices – try restaurants where they prepare and substitute items to your request.
- **Go for veggies.** Look at the vegetarian menu items.
- **Just ask.** Ask about low-sodium menu choices in general and ask how the food is prepared. Order food "a la carte" and get only the foods you want.
- **On the side.** Ask for gravies, sauces and salad dressings on the side or omit them altogether.
- **Salty soups.** Sometimes soups and broths can be saltier in restaurants and are high in purines. Try to limit these options.
- **Hot and steamy.** Steamed vegetables are usually a great side.
- **Small things matter.** Try to stay away from pickles, marinated vegetables, olives, cured meats, deli meat, bacon, seasoned croutons, hard cheeses, salted seeds and nuts. Although these things are small, they can be very salty.

Fast Food

- **Salad entrees are a good option.** Ask for dressing on the side.
- **No breading.** Non-fried and non-breaded choices have less oxalates, and often less salt.
- **Skip special sauces.** Limit sauces and condiments to reduce salt.
- **Smaller sizes.** Go for the quarter-pound, instead of the half-pound burger.
- **Fries.** Go for just a few or get a side salad or fruit instead.
- **Drinks matter.** When you choose things to drink, consider the sugar level. Try to avoid soda and drinks with syrups (like fancy coffee drinks). Besides unwanted calories, the added sucrose, fructose and phosphate (in cola) can lead to kidney stones. Colas are also high in oxalates.

EDITOR

T. Ernesto Figueroa, MD

MANAGING EDITOR

Nicole Ramey

CONTRIBUTING WRITERS

Nicole Ramey
Erica Weiss

CONTRIBUTORS

Timothy Averch, MD, FACS; David S. Goldfarb, MD; Kelly A. Healy, MD; Necole Streeper, MD; Emily Welin, RDN

UROLOGY CARE FOUNDATION BOARD OF DIRECTORS

Harris M. Nagler, MD, FACS (President); Badar Mian, MD (Secretary); Jennifer Miles-Thomas, MD, MBA, URPS (Treasurer); David Amerson, MBA; Ryan D. Drant; Larry Lipshultz, MD; Ted Lamson, PhD; Kurt A. McCammon, MD; Alexander W. Pastuszak, MD, PhD; Joseph A. Smith, MD; Brian Stone, MD, FACS; Suzette Sutherland, MD, MS, URPS; Steven K. Wilson, MD, FACS, FRCS

PUBLIC EDUCATION COUNCIL

Kristen Scarpato, MD, MPH (Chair); Ekene Enemchukwu, MD, MPH; Nicolás Fernández, MD, PhD; Lindsey Herrel, MD, MS; Tom Hulsey; Eric Kurzrock, MD; Daniel W. Lin, MD; Paul Maroni, MD; Kyle A. Richards, MD, FACS; David Shin, MD; Necole Streeper, MD; Carmen Tong, DO

For comprehensive urological information,
visit UrologyHealth.org

The Urology Care Foundation believes the information in this publication is as authoritative and accurate as is reasonably possible and the sources of information used in preparation are reliable, but no assurance or warranty of completeness or accuracy is intended or given, and all warranties of any kind are disclaimed. Because every patient is unique, personal questions and concerns about any of the content included here and its application to the patient should be discussed with a urologist. To locate a urologist in your area, visit UrologyHealth.org. The Foundation has no preference or bias concerning any specific tests, products, procedures, opinions or other information mentioned herein. As your trusted resource for urologic patient education, the Urology Care Foundation, as well as the American Urological Association, are committed to maintaining transparency and ensuring the content contained within this publication is valid, fair, balanced and free of commercial bias. Therefore, all individuals contributing content to this publication are required to disclose any relevant financial or intellectual relationships with any commercial interest. For further information, or for specific disclosure reports, please contact communications@AUAnet.org.

Living Healthy

Fight Kidney Stones with Food Cookbook

| SEPTEMBER 2026 |

Living Healthy, Fight Kidney Stones with Food is published by the Urology Care Foundation as a service to patients, health care professionals and the public.

To learn more, visit
UrologyHealth.org/UrologicConditions

Contact:

Urology Care Foundation™
1000 Corporate Blvd.
Linthicum, MD 21090

1-800-828-7866

UrologyHealth.org

Urology Care FOUNDATION®

Powered by trusted experts of the American Urological Association

© 2026 Urology Care Foundation, Inc. All rights reserved.
KidneyStones-Cookbook-PG-2026-English