

HEALTHY EATING WITH KIDNEY STONES:

Low Purine

Try using the suggestions below to make your low-purine plate.

Water (with lemon):

At least ten 8-ounce cups a day, unless your doctor has told you otherwise

Protein:

Turkey/chicken, fish, cheese, eggs, beans, tofu

Grain/Starch:

Whole-grain bread, pasta, or rice

Vegetables:

Whole vegetables

Dairy & Alternatives (for calcium):

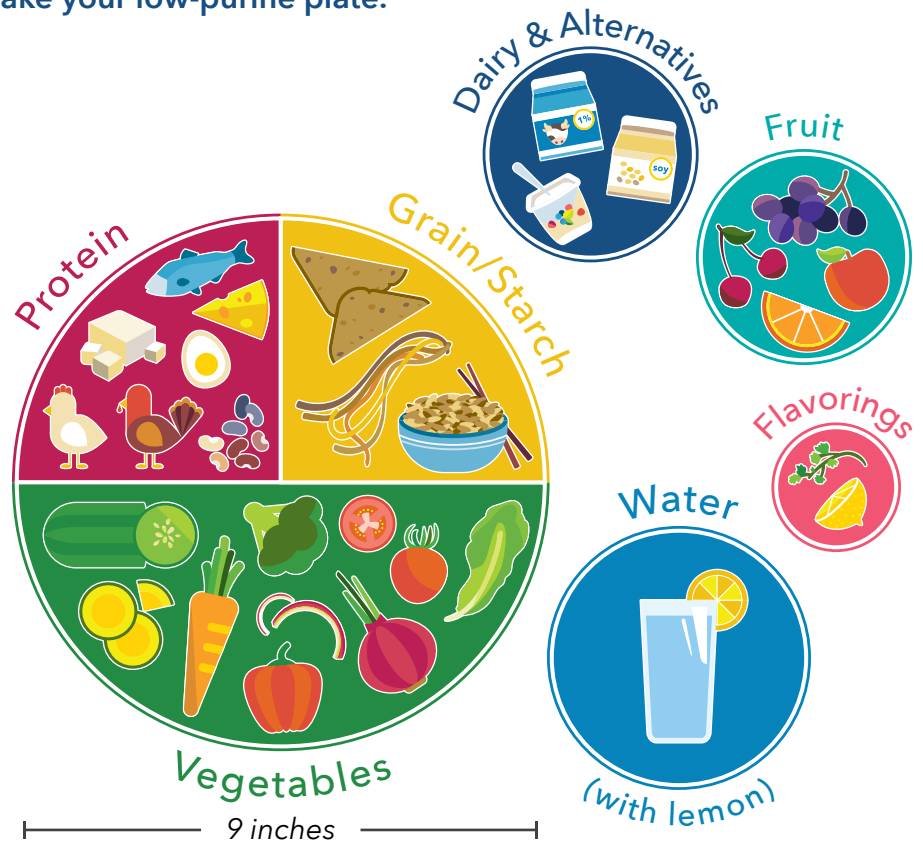
Yogurt, milk, soy milk

Fruit:

Whole fruits

Flavorings (instead of salt):

Herbs, spices, fresh lemon, salt substitute



Avoid:

- Foods with a lot of salt (such as bacon, sausage, hot dogs, lunch meat, olives, pickles, chips, nuts, some canned foods)
- High-fat foods
- Sugar-sweetened drinks, sports drinks
- Gravy, meat broth
- Anchovies, herring, sardines, mackerel, scallops
- Wild game (such as quail, duck, deer, elk)
- Organ meats

Quick tips:

- **Cook at home instead of eating out.** Avoid skipping meals, eating large meals, or eating late in the evening.
- **If you drink alcohol,** limit it to one drink a day (less if your doctor advises). Avoid beer and hard liquor, which are high in purine.
- **Get the calcium you need from foods and drinks** instead of supplements. Aim for 1,000 to 1,200 mg per day.
- **If you don't eat dairy,** make sure to get your calcium from sources such as edamame, soy milk, and breakfast cereal.

Serving guide:

Meat, poultry, fish

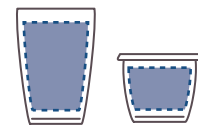
Limit to 2 servings a day



1 serving:
3 ounces
(size of your palm)

Dairy & alternatives

Have 2-3 servings a day



1 serving:
1 cup milk
6 ounces yogurt

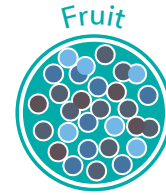
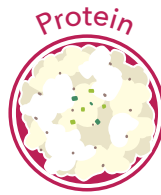
The bottom line: Drink plenty of water, get the calcium you need, and eat less salt.

Low-Purine Sample Meals

Breakfast

Egg whites on whole-wheat toast

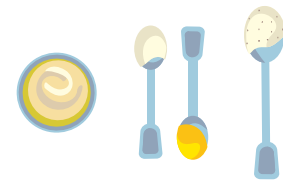
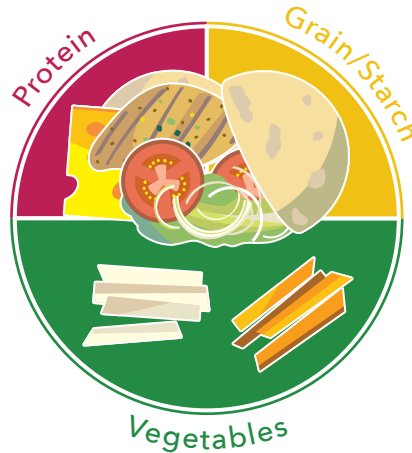
- Scrambled egg whites
- Whole-wheat toast
- Blueberries
- Low-fat milk



Lunch

Chicken pita sandwich and grapes

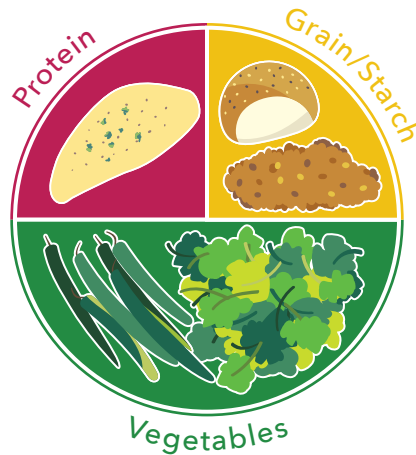
- Grilled chicken
- Pita bread
- Lettuce, tomato, onion
- Low-fat Swiss cheese
- 2 teaspoons mayonnaise and/or mustard
- Carrot and jicama sticks
- ¼ cup hummus or 2 tablespoons light ranch dip
- Grapes
- Water with lemon



Dinner

Baked fish and tossed salad

- Baked tilapia
- Brown rice
- Whole-grain roll
- Green beans
- Tossed salad with olive oil and balsamic vinegar
- Water with lemon



Snacks

Popcorn, apple slices, and low-fat yogurt

- Unsalted air-popped popcorn
- Apple slices with peanut butter
- Low-fat yogurt
- Water with lemon



If you have...

Diabetes: Continue to spread your carbohydrates throughout the day and include some with each meal.

High cholesterol: Limit red meat, whole dairy products (whole milk, full-fat yogurt), egg yolks

For more information, contact your registered dietitian or local Center for Healthy Living (kp.org/centerforhealthyliving).