

## Mayo Clinic Minute: What you can eat to help avoid getting kidney stones

Intro: It's estimated that 1 in 10 people will get a kidney stone in his or her lifetime. Kidney stones are not only painful, they can lead to serious complications that may require hospitalization and even surgery. The good news is kidney stones are preventable, and doing so can be as simple as eating the right foods.

Video	Audio
00:13:37 – 00:13:41	"The most important thing to think about with kidney stones is prevention."
<b>(people eating)</b>	A solid prevention plan includes thinking about the types of food you're eating.
<b>(cucumber, tomato and/or watermelon video)</b>	Fruits and vegetables with a high-water content, like cucumbers and tomatoes, also have natural citrate.
8:55 – 9:02 Ivan Porter II, M.D. Nephrology Mayo Clinic	"These things are natural stone inhibitors and can be a part of a stone prevention plan to help prevent further kidney stone formation."
(steaks or meat)	It's just as important to think about what you shouldn't eat.
12:54 – 13:07	"We know that animal sources of protein are simply associated with a higher risk of stones. So one way to avoid more stone production is maybe to limit your meat intake to some smaller amount."
(leafy greens, spinach video)	Certain foods such as spinach and rhubarb that have high oxalate levels should also be restricted.
10:36 – 10:52	"A lot of leafy greens that actually are good for you may have that negative impact on stones. One way to combat that is by having some dietary calcium with those meals. So, cheese on top of that spinach might be a good idea."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.