



Mayo Clinic Minute: Misconceptions about how diet affects kidney stones

Video	Audio
	It's a common question Dr. Aaron Potretzke hears from his patients about kidney stone risks.
Aaron Potretzke, M.D. Urology Mayo Clinic	"So the question about what types of drinks or foods or any sort of dietary input may put a person at increased risk is one that I have found to be a lot of misconceptions."
	His answer might surprise you.
	"Generally speaking, there is no particular food or drink that's totally off-limits. Now, if you undergo a metabolic stone evaluation, and we find out what type of stone you have and what sort of electrolytes or minerals you're putting into your urine, any individual may have certain foods that we ask them to shy away from."
	He says the silver bullet when it comes to stone disease is almost always to increase your clear liquid intake.
	"So the more urine you make, and that's a product of how much you ingest in terms of clear fluid, the less likely you will be to make a stone."
	He says drinking beverages high in citric acid, such as lemon juice and lime juice, can be beneficial to kidney stone patients.
	"Those are things, actually, for which there is a fair bit of evidence to suggest that those can prevent stones in the majority of patients."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.