



Modest Calcium Restriction Guidelines for Kidney Stone Formers

Why do I have to moderate calcium in my diet?

As the primary constituent of most urinary stones, calcium has long been heralded as one of the main risk factors for stone formation. Importantly, though, calcium should not be overly reduced in your diet, even if your 24-hour urine collection revealed high levels of calcium.

How much calcium should I take in?

We recommend that you moderate - but not excessively restrict - your dietary calcium intake in order to prevent future stone formation. Specifically, you should take in 800 to 1200 mg of calcium in your diet each day.

Food	Common Measure	Calcium Content, milligrams
Cereals ready-to-eat	$\frac{3}{4}$ cup	1104
Plain yogurt, skim milk	8-ounce container	452
Taco	1 large	339
Canned sardines	3 ounces	325
1% milk	1 cup	290
Turnip greens	1 cup	249
Cheddar cheese	1 ounce	204
Cheeseburger	1	141
Frozen pizza	1 serving	120
Onion rings	8 – 9 rings	73
American cheese	2 ounces	348
Orange juice with added calcium	1 cup	300
Soy beverage with added calcium	1 cup	250 – 300
Tofu	$\frac{1}{2}$ cup	204
Macaroni and cheese	$\frac{1}{2}$ cup	180
English muffin	1	175

Kale	½ cup	90
Ice cream	½ cup	84
Cottage cheese, 1% fat	½ cup	69
Canned baked beans	1 cup	127
Frozen yogurt, soft serve	½ cup	103
Canned tomatoes	1 cup	87
Cooked broccoli	1 cup	62

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