



## Protein Restriction Guidelines for Kidney Stone Formers

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### Why do I have to reduce protein in my diet?

When the human body metabolizes animal proteins, several promoters of urinary stone formation are produced. High protein intake can increase urinary levels of calcium and uric acid, as well as decrease urinary citrate.

### How much protein can I take in?

We recommend that our patients with a history of stones restrict the amount of protein in their diets. Specifically, you should not exceed more than 80 grams of protein per day.

<b>Protein source</b>	<b>Protein content (grams/100 grams of food)</b>
Veal, leg	36.16
Lamb, shoulder or arm	35.54
Beef, round or bottom round	34.34
Pork, shoulder or arm	32.26
Pork, loin or chops	32.18
Chicken, breast meat	31.84
Yellowfin tuna	29.96
Turkey, light meat	29.9
Pork, spareribs	29.06
Chicken, dark meat	28.99
Ground turkey	27.37
Salmon	27.31
Corned beef	27.1
Halibut	26.69
Ground beef	25.93
Swordfish	25.39
Duck	23.48
Blue crab	20.52
Cheeseburger (double patty)	17.85

Cottage cheese	17.27
Soybeans	16.64
Burger (single patty)	16.41
Chicken fillet sandwich	13.25
Couscous	12.76
Taco	12.06
Ricotta cheese	11.39
Chili con carne	9.73
Submarine sandwich with cold cuts	9.58
Condensed milk	7.91

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Author: JM Hollingsworth, MD  
Reviewer: JS Wolf, Jr, MD

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