



Low Sodium Diet Guidelines for Kidney Stone Formers

Why do I have to reduce sodium in my diet?

Sodium is a mineral found in many foods that helps keep normal fluids balanced in the human body. However, most people eat foods containing more sodium than they need, including some foods that contain high amounts even though they do not taste “salty.”

Dietary levels of sodium are important for people with a history of urinary stones because the excretion of calcium (a constituent of many stones) in the urine is directly related to sodium excretion. Moreover, sodium restriction reduces urinary calcium excretion.

How much sodium can I take in?

We recommend that your sodium intake should be less than 2000 milligrams (2 grams) a day. This means more than just eliminating the salt shaker, and it is important to keep a record of the amount of sodium that you consume every day.

Food	Serving Size	Amount of Sodium, milligrams
Shrimp	3 oz	190
T-bone steak	3.5 oz	66
Canned tuna	3 oz	300
American cheese	1 oz	443
Low-fat cottage cheese	1 cup	918
Milk, skim or 1%	1 cup	125
Plain yogurt	1 cup	115
Green beans	1 cup	4

Cooked broccoli	½ cup	20
Raw carrot	1 medium	25
Raw celery	1 stalk	35
Boiled corn	½ cup	14
Lettuce	1 leaf	2
Mushrooms (raw or cooked)	½ cup	1 - 2
Baked potato	1	7
Cooked spinach	½ cup	63
Tomato	1 small	11
Canned tomato juice	¾ cup	660
Bran flakes	¾ cup	220
Whole wheat bread	1 slice	159
White bread	1 slice	123
Instant cooked cereal	1 packet	250
Corn flakes	1 cup	290
Pancake	1 (7-inch)	431
Canned soups	1 cup	600 – 1300
Frozen main dishes	8 oz	500 – 2570

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