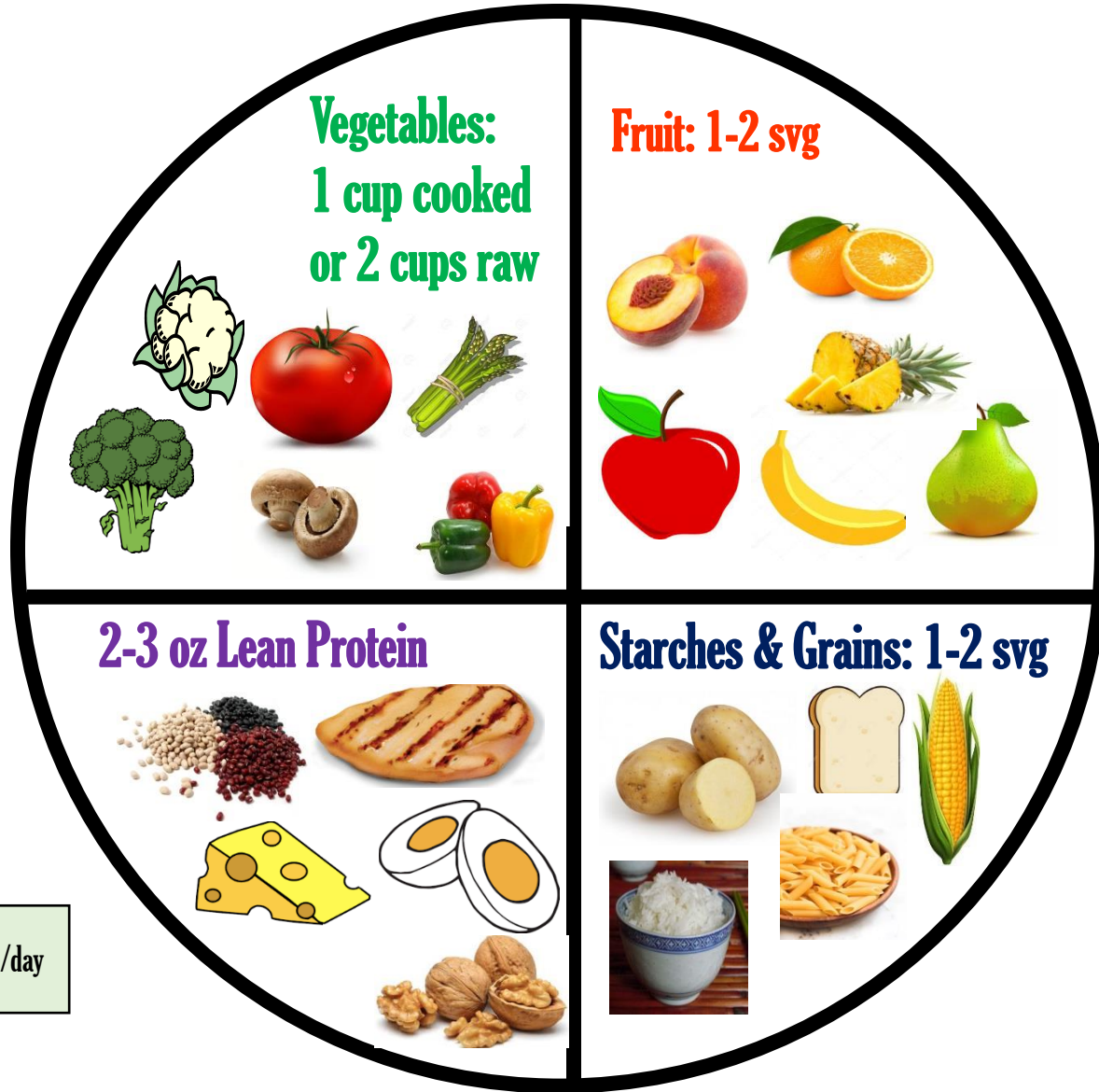


# Lunch & Dinner

Your diet plan will be customized based on your urine, blood tests and medical conditions when you are followed by a nutritionist



Total fluid intake : 3L (quarts)/day

# Plan Your Plate For Kidney Stones (Uric Acid)

## High and Low Purine Foods

Foods	Avoid	Recommend	Foods	Avoid	Recommend
<b>Beverages</b>	Beer and wine (alcoholic beverages)	Water Juices Tea, Coffee	<b>Miscellaneous</b>	Meat based gravies	All other sauces (low sodium is recommended)
<b>Vegetables</b>	None	All Fresh and Frozen	<b>Fruits</b>	None	All Fresh and Frozen
<b>Meat and Meat Substitutes</b>	Anchovies, sardines, herring, tuna, codfish, shellfish (scallops, mussel, lobster, shrimp, oyster) trout and haddock, bacon, organ meats, tripe, sweetbreads, wild game, goose	Eggs, cheese, peanut butter Lean beef, lamb or pork, poultry	<b>Starch</b>		Breads, pastas, rice, cakes, corn breads, popcorn Oatmeal, wheat bran

## Acid Ash and Alkaline Ash foods

Foods	Acid Ash Foods	Alkaline Ash Foods
<b>Meat/ Protein</b>	Bacon, beef, pork, labs, shellfish, organ meats Turkey , chicken , eggs	Tofu, beans
<b>Dairy Products</b>	Milk, cottage cheese	Goat milk, rice milk, soy milk
<b>Beverages</b>	Alcohol, cranberry juice, coffee, black tea, soda	Almond milk, herbal tea
<b>Starch/ Grains</b>	White bread, pasta, white rice	Quinoa, brown rice, potatoes, lentils, beans,
<b>Vegetables</b>	None	All types of vegetables, broccoli, kale, tomato, cabbage
<b>Fruits</b>	Cranberries, plums, prunes, dried fruits	Lemon, lime, most fruits
<b>Miscellaneous</b>	Most nuts, mayonnaise, honey, syrup, corn syrup sucrose, artificial sweetener	Coconut oil, sunflower oil,

Adapted from the ChooseMyPlate.gov