

Healthy Diet Reduces Kidney Stone Risk

According to an American study led by Dr Eric Taylor, from Maine Medical Centre, a balanced diet comprising of little salt, red and processed meat, sweet drinks, and lots of fruits and vegetables could deter risks of kidney stones by up to 40-45%.

Over 200,000 men and women participated in three different studies that concentrated on their health and lifestyle.

Participants were marked on the basis of how much they could adhere to a diet that reduced the risk of high blood pressure.

High scores were given to those who consumed diets high in fruits, vegetables, nuts, and whole grains, and low in salt, sweet drinks, and red and processed meats. Their diets were also higher in calcium, potassium, magnesium, oxalate and vitamin C and lower in sodium.

The findings, to be published in the Journal of the American Society of Nephrology, highlighted that a total of 5,645 kidney stones developed in the participants.

However, those with highest healthy diet scores were found to be less likely to develop kidney stones than the low scorers. And because kidney stones can be linked to high blood pressure and diabetes, a separate analysis was conducted on people without those conditions, but the association between kidney stones and diet remained.

Reference:

<http://www.nursingtimes.net/> on **14 August, 2009**