Hypercalciuria

What is Hypercalciuria?
Hypercalciuria is when your kidneys release too much calcium into the urine. High levels of calcium in the urine cause calcium crystals to form in the kidneys or other parts of the urinary tract.

What causes hypercalciuria?
High urine calcium is usually an inherited condition (runs in families). However, diet can also affect it.

Do I need to reduce the amount of calcium in my diet?
Studies have shown that eating low-calcium diets can actually increase the chances of calcium kidney stones. Unless directed otherwise by your doctor, your diet should contain a normal amount of calcium—800 to 1200 mg a day.

What changes should I make to my eating habits?
Reduce your overall salt intake. As your kidneys work to remove salt from your body, they also remove calcium. This calcium is excreted in your urine and can lead to calcium based crystals which may then become stones.

High-Salt Foods
• Table salt (1 teaspoon provides about 2,300 mg of sodium)
• Seasonings that contain salt, such as celery salt, garlic salt, onion salt
• Sauerkraut, olives, pickles and relishes
• Canned soups not marked low sodium
• Breads and rolls with salted toppings
• Potato chips, corn chips, pretzels, saltines, salty crackers, salted popcorn
• Salty meats such as bacon, bologna, corned beef, hot dogs, ham
• Salty fish such as, anchovies, caviar, herring, sardines
• Processed cheese, cheese spreads, and cheeses like cheddar, gorgonzola or parmesan
• Salted nuts
• Regular peanut butter
• Bouillon, catsup, chili sauces, mustard, soy sauce, Worcestershire sauce
• Antacids containing sodium such as Alka Seltzer
• Baking soda toothpaste

Increase your fluid intake. Diluting the urine hinders the formation of stones. You know you are drinking enough fluid if your urine is clear.
       -Preschool children: 1 liter or more per day (33 ounces or 4 cups)
       -Children 5-10 years of age: 1.5 liters or more per day (50 ounces or 6 cups)
       -Children greater than 10 years old: 2 liters or more per day (66 ounces or 8cups)