

Special diet pattern to be followed in kidney stone in children's

Monali Rambhad*

KIDNEY STONES

Our kidney is mainly responsible to filter minerals like calcium, oxalate, urate, cysteine, xanthine phosphate. Drinking sufficient fluid, basically water, is the main way of life change a kid or young person can make to forestall kidney stones. A youngster ought to drink six to eight 8-ounce glasses a day, except if the person has kidney disappointment. More youthful youngsters can follow their medical care proficient's direction on how much fluid to drink to forestall kidney stones. But what happens when this minerals accumulated kidney in high amount, from this excessive accumulated minerals that kidney stones formed in the kidney.

There are many reasons which are responsible for causing kidney stones:

- Not drinking enough water
- Eating too much salt
- Having too much calcium in diet

Nowadays most of children's are suffering from kidney stones. So in this article, I have shared the diet pattern or diet chart that should be followed in case of children, If he or she is suffering from kidney stones [1].

Drink plenty of fluid: The children should drink plenty of water as much he or she can atleast 6 to 8 ounce.

Limit salt intake: Avoid adding too much salt in your children's diet. Reduce the intake of salt, because high sodium level in body can promote calcium buildup in urine in high amount. Limit intake of food which is high in oxalate content: Like spinach, chocolate, wheat, bran, nuts, beats, tea, these foods should be avoided [2].

Avoid eating animal proteins: The intake of meat should be reduced from children's diet. Replace meat and animal protein with beans, dried peas and

lentils which are plant based foods. These food are high in protein and low in oxalate.

Get enough calcium from food: All children's need a certain amount of calcium to remain healthy and to keep their bones strong. So add calcium rich foods in your children's diet like yoghurt, almonds, cheese, milk. Fruits like kiwi, orange, berries, pineapple. Vegetables like green leafy vegetables, broccoli, brussel sprouts.

Add vitamin D rich foods in your diet: Vitamin D helps the body to absorb more calcium. So you can get Vitamin D from foods like fatty fishes, such as salmon, egg yolk and cheese.

Increase citrus intake in your diet: To increase the intake of citrus in your diet you have to eat the citrus fruits like lemon, orange and grapefruit.

Reduce sodium: The chances of developing kidney stones increase when children eat more sodium. Sodium is a part of salt. Sodium is in many canned, packaged, and fast foods. It is also in many condiments, seasonings, and meats. Talk with a health care professional about how much sodium is right for children who are trying to avoid kidney stones.

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Department of Nutrition Dietetics, Shoolini University, Himachal Pradesh, India

Correspondence: Monali Rambhad, Department of Nutrition Dietetics, Shoolini University, Himachal Pradesh, India, E-mail: monalirambhad3@gmail.com

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