

Prevent Kidney Stones: Increase Your Urinary Citrate

What is citrate and how does it help?

Citrate is a natural compound found in many fruits and vegetables, especially citrus fruits like lemons and oranges.

It helps prevent kidney stones by:

- Stopping crystals from forming and growing.
- Making urine (pee) less acidic (raising pH).

Tips to raise your citrate levels

Eat more fruits and vegetables.

- Aim for 5 or more servings each day.
- Add fruits or vegetables to every meal or snack.

Fruit sources of citrate

- **High** citrate: Lemon juice, lime juice
- **Moderate** citrate: Pineapples, oranges, grapefruit
- **Low** citrate: Melons (cantaloupe, honeydew, watermelon)

Alkalizing vegetables

These vegetables have an acid-reducing (alkalizing) effect on the body, which may help raise urinary citrate.

- **High** alkalizing effect: Spinach, kale, Swiss chard, parsley
- **Moderate** alkalizing effect: Broccoli, green beans, zucchini, cucumbers, carrots, cauliflower
- **Low** alkalizing effect: Lettuce, celery, tomatoes

Choose drinks high in citrate.

- Add 2 to 4 ounces of lemon or lime juice to water each day.
 - Choose Crystal Light or Wyler's lemonade or raspberry lemonade. These have high amounts of citrate.
 - Choose 100% orange juice (low calorie or no added sugar) but limit it to 4 to 8 ounces per day.
-