

Nutrition & Hypoparathyroidism

OXALATE

Kidney stones in hypoparathyroidism are most often caused by excess calcium in the urine (hypercalciuria).

If you have calcium oxalate stones, it may still be important to limit dietary oxalate intake – especially in cases of calcium oxalate monohydrate stones (also called whewellite or type I stones).

The goal is to keep urinary oxalate ideally below 330 $\mu\text{mol/day}$ on a well-collected 24-hour urine sample (see protocol).

Reducing dietary oxalate can help normalise this value, which also depends on individual metabolism (which unfortunately cannot be changed!).

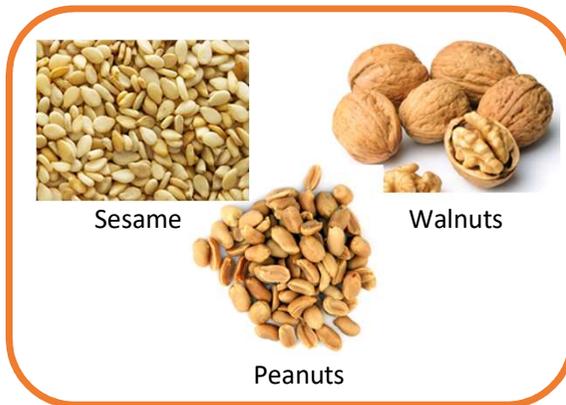
Please note:

- *Vitamin C turns into oxalate. Be cautious with vitamin C supplements! On the other hand, fruits and vegetables rich in vitamin C are also high in citrate, a natural “anti-stone” factor – nature has its balance!*
- *Nuts and seeds (almonds, walnuts...) are rich in calcium and beneficial for reducing the risk of hypocalcaemia, but they also contain oxalate. Therefore, their intake should be limited to a handful per day if you have kidney stones.*

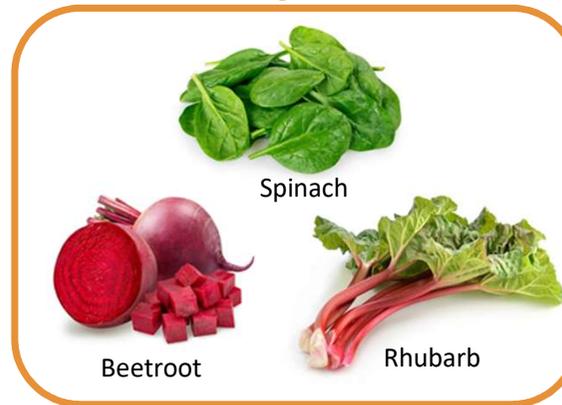
Where is oxalate hiding in our diet?

It's not about cutting out these foods completely, but rather limiting them if you have kidney stones.
Eating them as part of a meal containing calcium helps to reduce their absorption and the risk of stone formation.

Nuts



Certain vegetables



Processed foods



How to prevent kidney stones?

Stay well hydrated

To dilute your urine over a full 24 hours

Maintain normal calcium intake

To stop oxalate from being absorbed

Eat a normal amount of protein

To limit calcium and oxalate loss in urine

Find our talk on diet and
hypoparathyroidism on our
YouTube channel:

[@centrecalipso](#)