

## HYPERPARATHYROIDISM WITH RENAL CALCULI DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

### Hydration is MOST Important

3–3.5 liters water daily, Urine should be light yellow or clear, Spread water intake throughout the day

**Add:** Lemon water (citrate prevents stones), Coconut water (if potassium normal)

**Avoid:** Long gaps without water, Dehydration

### Reduce Salt Intake

High sodium = more calcium loss in urine

**Avoid:** Pickles, Papad, Packaged snacks, Processed food

*Use minimal salt in cooking.*

### Moderate Calcium Intake (Very Important)

Completely stopping calcium is wrong.

Low calcium diet can increase oxalate absorption.

Take normal dietary calcium: 1 small bowl curd, Limited paneer, Ragi (moderate)

**Avoid:** Calcium supplements unless prescribed

### Control High-Oxalate Foods

If stones are calcium oxalate type, limit:

Spinach, Beetroot, Chocolate, Excess tea, Nuts in excess

**Safer vegetables:** Lauki, Tori, Pumpkin, Beans, Carrot

### Protein – Moderate

Excess protein increases calcium excretion.

Dal, Egg, Chicken (moderate), Paneer (small portion) | Avoid high-protein fad diets.

### Fruits

Lemon, Orange, Banana, Apple

### Strictly Avoid

Very high salt, Excess vitamin D supplements, Dehydration, Very high-protein gym diets, Alcohol (excess)

### Lifestyle Recommendations

30–40 min daily walking, Maintain healthy weight, Avoid long sitting hours, Regular calcium, PTH, kidney function tests, Timely surgery if primary hyperparathyroidism confirmed

### Sample One-Day Diet Plan

#### Morning

Warm water + lemon

#### Breakfast

Vegetable poha (low salt)

#### Mid-morning

Coconut water

#### Lunch

2 roti + dal + lauki sabzi + curd

#### Evening

#### Dinner

Roasted chana    Vegetable khichdi + salad