

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