



KIDNEY STONES = PAIN!

You don't want them!

Stay Hydrated

- » Drink more liquids-water is best.
- » If you are drinking enough water, your urine is clear or pale yellow.
- » Limit sweetened or caffeinated drinks.

Maintain a Healthy Weight

- » Control your weight through diet and exercise.
- » Eat more whole-grain breads and cereals, beans, nuts, fruits and vegetables which are rich in fiber, potassium, and magnesium.

**Talk to your health care provider
about your risk of kidney stones**



<http://phc.amedd.army.mil>
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