



# Kidney stones: Low-sodium nutrition therapy

## What is sodium?

Sodium is found in table salt, baking soda, and many food preservatives. Processed foods are usually very high in sodium.

## Why do I need to limit my child's sodium intake?

Too much sodium in the urine can pull calcium along with it. When too much calcium builds up in the urine, kidney stones can occur. Children with kidney stones need to limit sodium.

## How much sodium should my child have each day?

Your child should have between 500 and 2,000 mg sodium each day. To stay on target, your child should eat:

- Less than 500 mg sodium per meal
- Less than 150–200 mg sodium per snack

## Meal planning tips

- Do not add salt, soy sauce, or seasonings that contain salt to foods.
- Encourage your child to eat foods in their natural state. For example, serve fresh instead of canned vegetables.
- Avoid processed foods that have more than 140 mg sodium per serving.



**Children's Hospital**  
New Orleans  
LCMC Health