

Date:	Name:
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Urine Test	Results			Target Level	Ways to Improve
24-hour urine volume				More than 2 litres/day	If low: <ul style="list-style-type: none"> • drink more water
Sodium				43 to 217 mmol/day Goal: Less than 100 mmol/day	If high: <ul style="list-style-type: none"> • limit foods high in sodium
Calcium				Less than 7.5 mmol/day	If high: <ul style="list-style-type: none"> • limit animal protein (example: poultry, beef, pork, fish, game meats, eggs) • limit sweetened foods and beverages • limit foods high in sodium • do not avoid high calcium foods
Uric Acid				1.2 to 4.5 mmol/day	If high: <ul style="list-style-type: none"> • limit animal protein • limit foods high in purine (example: organ meats, sardines, herring, mackerel, anchovies, game meats)
Citrate				0.74 to 6.20 mmol/day Range is based on Age	If low: <ul style="list-style-type: none"> • eat more vegetables and fruit • add lemon juice to water • limit animal protein
Oxalate				Male: 80 to 490 umol/day Female: 40 to 320 umol/day Goal: Less than 200 umol/day	If high: <ul style="list-style-type: none"> • limit high oxalate foods (example: beets, rhubarb, black tea, spinach, dark chocolate, nuts and peanuts, wheat bran, strawberries) • pair high calcium food with each meal • avoid vitamin C supplements

Comments

Dietitian: _____

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