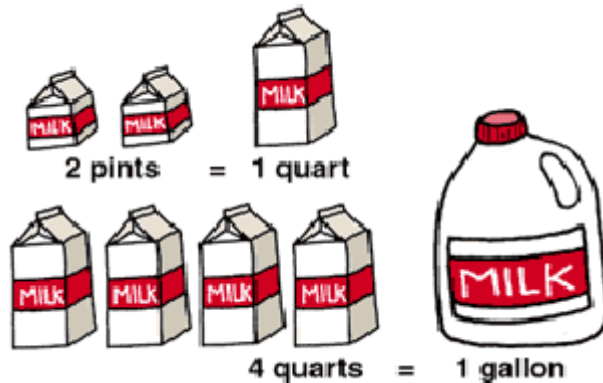




FRIDGE LIST

👍 Drink Plenty of Water!

- 👍 At least 3.5 quarts/day
- 👍 You need more in the heat/summer!
- 👍 Ideal ratio is 1/2oz water per lbs
- 👍 150lbs person = 75oz = ~2.5 quarts



Avoid foods rich in Oxalates:

- 👎 Almonds & Nuts
- 👎 Beet greens
- 👎 Beets
- 👎 Brewed tea
- 👎 Collards
- 👎 Dark chocolate & Cocoa
- 👎 Okra
- 👎 Refried beans
- 👎 Rhubarb
- 👎 Sesame seeds
- 👎 Soy products (*watch out for Protein powders!*)
- 👎 Spinach
- 👎 Star fruit
- 👎 Strawberries
- 👎 Sweet potatoes
- 👎 Swiss chard
- 👎 Wheat germ (*found in whole wheat bread!*)

Important Minerals & Supplements

- 👍 Calcium (Ca) intake of 1000 – 1200 mg per day
- 👍 Limit Sodium (Na) intake to less than 2300 mg per day
- 👍 Limit Vitamin C intake to less than 1000 mg per day