Kidney Disease And Kidney Stones

Sparkling beverages do not cause kidney disease or kidney stones. People with kidney disease or the tendency to develop kidney stones should always consult their healthcare provider to determine which foods and beverages are appropriate to meet individual needs.

Key Facts:
- Sparkling beverages do not cause kidney disease or the formation of kidney stones.
- Risk factors for chronic kidney disease listed by the U.S. National Institutes of Health include diabetes, high blood pressure, and a family history of kidney failure (1).
- It is not known what causes a kidney stone to form or why some people develop them and others do not (2).
- Drinking plenty of water and other fluids is recommended as a simple and important way to help prevent the formation of kidney stones (2, 3).
- For some types of kidney stones and for some stages of chronic kidney disease, some health authorities may recommend that people consult their healthcare provider to determine which foods and beverages are appropriate to meet individual needs.

FAQ:
- Q: Do sparkling beverages cause the formation of kidney stones?
  A: No. Sparkling beverages do not cause the formation of kidney stones. It is not known what causes a stone to form, or why some people develop them and others do not. Common risk factors include being Caucasian, male, and age 40 or older (2).
- Q: How can kidney stones be prevented?
  A: Drinking plenty of water and other fluids is recommended as a simple and very important way to help prevent the formation of kidney stones (2, 3).
- Q: What is phosphorus?
  A: Phosphorus is an essential nutrient and a major structural component of bones and teeth. Phosphoric acid, which contains phosphorus, is used to provide a tangy taste in some colas. You can find phosphorus in milk, cheese, meat, bread, bran, breakfast cereals, eggs, nuts, 95-100 percent juice, fruit drinks, soy-based beverages, soft drinks, and sports drinks. The amount of phosphorus in cola is very small compared to many other foods.

References:


You asked about beverages, KIDNEY DISEASE AND KIDNEY STONES

Q: How can you prevent kidney stones?
A: Drinking plenty of water and other fluids is recommended as a simple and very important way to help prevent the formation of kidney stones (2, 3).

Q: How much phosphorus is in sparkling beverages?
A: A study published in the July 2007 issue of Epidemiology (9) found that drinking more than two servings of cola a day more than doubled the likelihood of having chronic kidney disease, but no increased risk was seen with other carbonated beverages. Does the phosphoric acid in cola soft drinks cause kidney disease?

Q: What is the daily recommended intake for phosphorus?
A: The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) have not set a recommended daily intake value for phosphorus. Some countries have set such a value for their populations. For example, the United Kingdom has set their Reference Nutrient Intake for phosphorus at 150 mg/day for adults, not including women who are pregnant or lactating (10). The United States Institute of Medicine has set a Recommended Dietary Allowance for phosphorus at 700 mg per day for all adults over age 18, including pregnant and lactating women (10). Phosphorus deficiency is not common in healthy people.

Q: How much phosphorus is in sparkling beverages?
A: A 240 mL (8 fl. oz.) glass of Coca-Cola provides 41 mg of phosphorus. By comparison, the same amount of milk has about 200 mg of phosphorus, one cup of cooked chicken (140 grams) has about 230 mg of phosphorus, and one cup (150 grams) of cooked whole rice has about 90 mg of phosphorus.

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