

# Fiber intake tied to reduced risk of kidney stones

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(HealthDay)—Greater dietary intake of fiber, fruits, and vegetables is associated with a reduced risk of incident kidney stones in postmenopausal women, according to research published in the December issue of *The Journal of Urology*.

Mathew D. Sorensen, M.D., from the University of Washington in Seattle, and colleagues analyzed prospective data from 83,922 [postmenopausal women](#) (mean age, 64 years; 85 percent white) participating in the Women's Health Initiative. The associations between total dietary fiber, fruit, and vegetable intake and the risk of incident [kidney stone](#) formation were evaluated, adjusting for nephrolithiasis risk factors.

The researchers found that 3.5 percent of women experienced a kidney stone during a median follow-up of eight years. In adjusted models of

women without a stone history, higher total [dietary fiber](#) (6 to 26 percent decreased risk; P vegetable intake on the risk of kidney stone recurrence in women with a history of stones.

"The protective effects were independent of other known risk factors for kidney stones," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
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