

## **Dietary Habits of Kidney Stone Patients of Kangra District, Himachal Pradesh, North India**

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**KEYWORDS** Kidney Stone Patients. Dietary Habits. Salt Consumption. Ground Water

**ABSTRACT** Dietary habits of one hundred and thirty kidney stone patients from various hospitals of Palampur of Kangra District in Himachal Pradesh, North India were studied. Majority of the patients were non-vegetarian (60 per cent) and many of them (40 per cent) were consuming more salted foods. Water consumption amount revealed that majority (59.23 per cent) of the patients were consuming 1000 ml of water per day. Frequency of consumption of foodstuffs revealed that it varied from weekly to rarely for most of the items from various selected categories.