

Diet soda may reduce risk of kidney stones

Drinking diet soda is likely to reduce the risk of forming kidney stone, according to a new study.

The research by the University of California, San Francisco, (UCSF) suggests that the citrate and malate content in sodas may be sufficient to inhibit the development of calcium stones.

Researchers measured the citrate and malate content of 15 popular diet sodas. They found that Diet Sunkist Orange contained the greatest amount of total alkali and Diet 7-Up had the greatest amount of citrate as alkali, an American Urological Association (AUA) release said.

'This study by no means suggests that patients with recurrent kidney stones should trade in their water bottles for soda cans,' AUA spokesman Anthony Y. Smith said.

'However, this study suggests instead that patients with stone disease who do not drink soda may benefit from moderate consumption,' he added.

The study was presented at the 104th Annual Scientific Meeting of the AUA.

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