

Low Oxalate Diet

A low oxalate diet (Less than 40-50 mg/day) may help prevent kidney stones

Avoid

Foods with more than 10mg per 100 mg/3.5oz serving

Drinks

- Dark or “robust” beer
- Black tea
- Chocolate milk
- Cocoa
- Instant coffee
- Hot chocolate
- Juice made from high oxalate fruits
- Ovaltine
- Soy drinks

Dairy

- Chocolate milk
- Soy cheese
- Soy milk
- Soy yogurt

Fats, Nuts, Seeds

- Nuts
- Nut butters
- Sesame seeds
- Tahini
- Soy nuts

Condiments

- Black pepper (more than 1 tsp.)
- Marmalade
- Soy sauce

Fruit

- Blackberries
- Blueberries
- Carambola
- Concord grapes
- Currents
- Dewberries
- Elderberries
- Figs
- Fruit cocktail
- Gooseberry
- Kiwis
- Lemon peel
- Lime peel
- Orange peel
- Raspberries
- Rhubarb
- Canned strawberries
- Tamarillo
- Tangerines

Starch

- Amaranth
- Buckwheat
- Cereal (bran or high fiber)
- Crisp bread (rye or wheat)
- Fruit cake
- Grits
- Pretzels
- Taro
- Wheat bran
- Wheat germ
- Whole wheat bread
- Whole wheat flour

Vegetables

- Beans (baked, green, dried, kidney)
- Beets
- Beet greens
- Beet root
- Carrots
- Celery
- Chicory
- Collards
- Dandelion greens
- Eggplant
- Escarole
- Kale Leeks
- Okra
- Olives
- Parsley
- Peppers (chili and green)
- Pokeweed
- Potatoes (baked, boiled, fried)
- Rutabaga
- Spinach
- Summer squash
- Sweet potato
- Swiss chard
- Zucchini

Misc

- Chocolate

Limit

Foods with more than 2-10 mg per 100mg/3.5oz serving

Drinks

- Draft beer
- Carrot juice
- Brewed coffee
- Cranberry juice
- Grape juice
- Guinness draft beer
- Matetea tea
- Orange juice
- Rosehip tea
- Tomato juice
- black currant tea

Dairy

- Yogurt

Fats, Nuts, Seeds

- Flaxseed
- Sunflower seeds

Meat

- Liver
- Sardines

Fruit

- Apples
- Applesauce
- Apricots
- Coconut
- Cranberries
- Mandarin orange
- Orange
- Fresh peaches
- Fresh pear
- Pineapples
- Purple and Damson plums
- Prunes
- Fresh strawberries

Starch

- Bagels
- Brown rice
- Cornmeal
- Corn starch
- Corn tortilla
- Fig cookie
- Oatmeal
- Ravioli (no sauce)
- Spaghetti in red sauce
- Sponge cake
- Cinnamon Pop tart
- White bread

Vegetables

- Artichoke
- Asparagus
- Broccoli
- Brussel sprouts
- Carrots (canned)
- Corn
- Fennel
- Lettuce
- lima beans
- Mustard greens
- Onions
- Parsnip
- Canned peas
- Tomato
- Tomato soup
- Turnips
- Vegetable soup
- Watercress

Misc

- Ginger
- Malt
- Potato chips (less than 3.5 oz.)
- Strawberry jam/pre-serves
- Thyme

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Enjoy

Foods with less than 2mg per 100 mg/3.5oz serving

Drinks

- Apple cider
- Apple juice
- Apricot nectar
- Bottled beer
- Buttermilk
- Cherry juice
- Cola
- Grapefruit juice
- Green tea
- Herbal teas (see right)
- Lemonade
- Lemon juice
- Limeade
- Lime juice
- Milk
- Oolong tea
- Pineapple juice
- Wine

Dairy

- Cheese
- Buttermilk
- Milk

Herbal Teas

- Celestial Seasonings (Sleepytime, Peppermint, Wild Forest Blackberry, Mandarin Orange Spice, Cinnamon, Apple Spice)
- R.C. Bigelow (Cranberry Apple, Red Raspberry, I Love Lemon, Orange and Spic, Mint Medley, Sweet Dreams)
- Thomas J. Lipton (Gentle Orange, Lemon Soothe, Chamomile flowers, Stinging Nettle)

Meat

- Bacon
- Beef
- Corned beef
- Fish (except sardines)
- Ham
- Lamb
- Lean meats
- Pork
- Poultry
- Shellfish

Fruit

- Avocados
- Bananas
- Cherries (bing and sour)
- Grapefruit
- Grapes (green and red)
- Huckleberries
- Kumquat
- Litchi/Lychee
- Mangoes
- Melons
- Nectarines
- Papaya
- Passion fruit
- Canned peaches
- Canned pears
- Green and yellow plums
- Raisins (1/4 cup)

Fats, Nuts, Seeds

- Butter
- Margarine
- Mayonnaise
- Salad dressing
- Vegetable oil

Vegetables

- Cabbage
- Cauliflower
- Chives
- Cucumber
- Endive
- Kohlrabi
- Mushrooms
- Peas
- Radishes
- Water chestnut

Starch

- Barley
- Cereals (corn or rice)
- Cheerios
- Chicken noodle soup
- Egg noodles
- English muffin
- Graham crackers
- Macaroni
- Pasta (plain)
- White rice
- Wild rice

Condiments

- Basil
- Cinnamon
- Corn syrup
- Dijon mustard
- Dill
- Honey
- Imitation vanilla extract
- Jelly made from low oxalate fruits
- Ketchup (1 Tbsp.)
- Maple syrup
- Nutmeg
- Oregano
- Peppermint
- Sage
- Sugar
- Vinegar
- White pepper

Misc

- Gelatin (unflavored)
- Hard candy
- Jell-O
- Lemon balm
- Lemon juice
- Lime juice