

Low Oxalate Diet



Low Oxalate Diet May Help Prevent Kidney Stones.

Some people have kidney stones made from calcium oxalate. For these people cutting back on high-oxalate foods and salt may help prevent kidney stones.

On a low oxalate diet, you should limit your oxalate to 40 to 50 mg each day.

Oxalate is found in many foods.

Be sure to drink plenty of fluids. People likely to get kidney stones should drink 8 to 13 cups of fluid each day.

Your body may turn extra vitamin C into oxalate. Avoid high doses of vitamin C supplements (more than 2,000 mg of vitamin C per day)

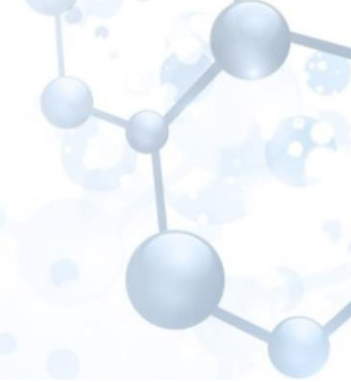
Avoid these High-oxalate Foods and Drinks

High-oxalate foods have more than 10 mg of oxalate per serving

Drinks		Dairy
• Dark or "robust" beer	• Instant coffee	• Chocolate milk
• Black tea	• Hot chocolate	• Soy cheese
• Chocolate milk	• Ovaltine	• Soy milk
• Cocoa	• Soy drinks	• Soy yogurt
• Juice made from high oxalate fruits (see below for high oxalate fruits)		
Fats, Nuts, Seeds		Meat
• Nuts	• Tahini	• None
• Nut butters	• Soy nuts	
• Sesame seeds		
Starch	Fruit	
• Amaranth	• Blackberries	• Lime peel
• Buckwheat	• Blueberries	• Orange peel
• Cereal (bran or high fiber)	• Carambola	• Raspberries
• Crisp bread (rye or wheat)	• Concord grapes	• Rhubarb
• Fruit cake	• Currents	• Canned strawberries
• Grits	• Dewberries	• Tamarillo



Low Oxalate Diet



Starch		Fruit	
• Pretzels		• Elderberries	• Kiwis
• Taro		• Figs	• Lemon peel
• Wheat bran		• Fruit cocktail	• Tangerines
• Wheat germ		• Gooseberry	
• Whole wheat bread			
• Whole wheat flour			
Vegetables			
• Beans (baked, green, dried, kidney)	• Eggplant		• Pokeweed
• Beets	• Escarole		• Sweet potato
• Beet greens	• Kale		• Swiss chard
• Beet root	• Leeks		• Zucchini
• Carrots	• Okra		• Potatoes (baked, boiled, fried)
• Celery	• Olives		• Rutabaga
• Chicory	• Parsley		• Spinach
• Collards	• Peppers (chili and green)		• Summer squash
• Dandelion greens			
Condiments		Miscellaneous	
• Black pepper (more than 1 tsp.)	• Soy sauce		• Chocolate
• Marmalade			• Parsley

Limit these Moderate-oxalate Foods and Drinks

You should have no more than two or three servings of these foods per day. Moderate-oxalate foods have 2 to 10 mg of oxalate per serving

Drinks		Dairy
• Draft beer	• Orange juice	• Yogurt
• Carrot juice	• Rosehip tea	
• Brewed coffee	• Tomato juice	
• Cranberry juice	• Twining's black currant tea	
• Grape juice		
• Guinness draft beer		
Fats, nuts, seeds		
• Flaxseed	• Sunflower seeds	



Low Oxalate Diet



Fruit		
• Apples	• Mandarin orange	• Pineapples
• Applesauce	• Orange	• Purple and Damson plums
• Apricots	• Fresh peaches	• Prunes
• Coconut	• Fresh pear	• Fresh strawberries
• Cranberries		
Meat		
• Liver	• Sardines	
Starch		
• Bagels	• Corn tortilla	• Spaghetti in red sauce
• Brown rice	• Fig cookie	• Sponge cake
• Cornmeal	• Oatmeal	• Cinnamon Pop tart
• Corn starch	• Ravioli (no sauce)	• White bread
Vegetables		
• Artichoke	• Fennel	• Canned peas
• Asparagus	• Lettuce	• Tomato
• Broccoli	• lima beans	• Tomato soup
• Brussel sprouts	• Mustard greens	• Turnips
• Carrots (canned)	• Onions	• Vegetable soup
• Corn	• Parsnip	• Watercress
Miscellaneous		
• Ginger	• Strawberry jam/preserves	
• Malt	• Thyme	
• Potato chips (less than 3.5 oz.)		

Enjoy these Low-oxalate Foods and Drinks

Eat as much of these low-oxalate foods as you like. Low-oxalate foods have less than 2 mg of oxalate per serving.

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



Low Oxalate Diet



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)
Dairy		
• Cheese	• Buttermilk	• Milk
Fats, nuts, seeds		
• Butter	• Mayonnaise	• Vegetable oil
• Margarine	• Salad dressing	
Fruit		
• Avocados	• Kumquat	• Passion fruit
• Bananas	• Litchi/Lychee	• Canned peaches
• Cherries (bing and sour)	• Mangoes	• Canned pears
• Grapefruit	• Melons	• Green and yellow plums
• Grapes (green and red)	• Nectarines	• Raisins (1/4 cup)
• Huckleberries	• Papaya	
Meat		
• Bacon	• Ham	• Pork
• Beef	• Lamb	• Poultry
• Corned beef	• Lean meats	• Shellfish
• Fish (except sardines)		
Starches		
• Barley	• Egg noodles	• Pasta (plain)
• Cereals (corn or rice)	• English muffin	• White rice
• Cheerios	• Graham crackers	• Wild rice
• Chicken noodle soup	• Macaroni	
Vegetables		
• Cabbage	• Endive	• Peas
• Cauliflower	• Kohlrabi	• Radishes
• Chives	• Mushrooms	• Water chestnut
• Cucumber		
Condiments		
• Basil	• Jelly made from low oxalate fruits	• Sage
• Cinnamon	• Ketchup (1 Tbsp.)	• Sugar
• Corn syrup	• Maple syrup	• Vinegar
• Dijon mustard	• Nutmeg	• White pepper
• Dill	• Oregano	
• Honey	• Peppermint	
• Imitation vanilla extract		
Miscellaneous		
• Gelatin (unflavored)	• Jell-O	• Lemon juice
• Hard candy	• Lemon balm	• Lime juice

Ref: UPMC Life Changing Medicine

