

EATING GUIDE FOR A LOW-OXALATE DIET

This chart from the American Dietetic Association spotlights foods that are either low or moderate in oxalates. If you have calcium stones, it is important to decrease you sodium intake, as well.

FOODS LOW IN SODIUM OR OXALATE	FOODS RECOMMENDED
Drinks	Coffee, fruit and vegetable juice (from the recommended list), fruit punch
Fruits	Apples, apricots (fresh or canned), avocado, bananas, cherries (sweet), cranberries, grapefruit, red or green grapes, lemon and lime juice, melons, nectarines, papayas, peaches, pears, pineapples, oranges, strawberries (fresh), tangerines
Vegetables	Artichokes, asparagus, bamboo shoots, broccoli, Brussels sprouts, cabbage, cauliflower, chayote squash, chicory, corn, cucumbers, endive, kale, lettuce, lima beans, mushrooms, onions, peas, peppers, potatoes, radishes, rutabagas, zucchini
Breads, Cereals, Grains	Egg noodles, rye bread, cooked and dry cereals without nuts or bran, crackers with unsalted tops, white or wild rice
Meat, Meat Replacements, Fish, Poultry	Meat, fish, poultry, eggs, egg whites, egg replacements
Soup	Homemade soup (using the recommended veggies and meat), low-sodium bouillon, low-sodium canned
Desserts	Cookies, cakes, ice cream, pudding without chocolate or nuts, candy without chocolate or nuts
Fats and Oils	Butter, margarine, cream, oil, salad dressing, mayonnaise
Other Foods	Unsalted potato chips or pretzels, herbs (garlic, garlic powder, onion powder), lemon juice, salt free seasoning blends, vinegar
OTHER FOODS LOW IN OXALATE	FOODS RECOMMENDED
Drinks	Beer, cola, wine, buttermilk, lemonade or limeade (without added vitamin C), milk
Meat, Meat Replacements, Fish, Poultry	Lunch meat, ham, bacon, hot dogs, bratwurst, sausage, chicken nuggets, cheddar cheese, canned fish and shellfish
Soup	Tomato soup, cheese soup
Other Foods	Coconuts, lemon or lime juices, sugar or sweeteners, jellies or jams (from the recommended list)

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MODERATE-OXALATE FOODS	FOODS TO LIMIT
Drinks	Fruit and vegetable juices (from the recommended list), chocolate milk, rice milk, hot cocoa, tea
Fruits	Blackberries, blueberries, black currants, cherries (sour), fruit cocktail, mangoes, orange peel, prunes, purple plums
Vegetables	Baked beans, carrots, celery, green beans, parsnips, summer squash, tomatoes, turnips
Breads, Cereals, Grains	White bread, cornbread or cornmeal, white English muffins, saltine or soda crackers, brown rice, vanilla wafers, spaghetti and other noodles, firm tofu, bagels, oatmeal
Meat, Meat Replacements, Fish, Poultry	Sardines
Desserts	Chocolate cake
Fats and Oils	Macadamia nuts, pistachio nuts, English walnuts
Other Foods	Jams or jellies (made with the recommended fruits), pepper
HIGH-OXALATE FOODS	FOODS TO AVOID
Drinks	Chocolate drink mixes, soy milk, Ovaltine, instant iced tea, fruit juices of fruits listed below
Fruits	Apricots (dried), red currants, figs, kiwi, plums, rhubarb
Vegetables	Beans (wax, dried), beets and beet greens, chives, collard greens, eggplant, escarole, dark greens of all kinds, kale, leeks, okra, parsley, rutabagas, spinach, Swiss chard, tomato paste, watercress
Breads, Cereals, Grains	Amaranth, barley, white corn flour, fried potatoes, fruitcake, grits, soybean products, sweet potatoes, wheat germ and bran, buckwheat flour, All Bran cereal, graham crackers, pretzels, whole wheat bread
Meat, Meat Replacements, Fish, Poultry	Dried beans, peanut butter, soy burgers, miso
Desserts	Carob, chocolate, marmalades
Fats and Oils	Nuts (peanuts, almonds, pecans, cashews, hazelnuts), nut butters, sesame seeds, tahini paste
Other Foods	Poppy seeds