

## **Low Oxalate Diet**

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A low oxalate diet reduces the chances of forming kidney stones.

#### **Low Oxalate (<2mg/serving)**

**Beverages:** Soft Drinks (12 oz per day); lemonade or limeade without extra vitamin C; 3-4 oz or red, rose, or white wine; light or mild flavored beer

**Milk:** Whole, low fat, or skim milk, buttermilk, yogurt with allowed fruit

**Bread and Cereals:** Bread, cereal

**Fats:** Bacon, mayonnaise, salad dressing, vegetable oils, butter, margarine

**Fruits and Fruit Juices:** Apple, banana, bing cherries, grapefruit, green grapes, mangos, cantaloupes, honeydew, watermelon, nectarines, plums (green and yellow)

**Meat and Meat Substitutes:** Eggs, cheese, beef, poultry, pork, lamb, fish and shellfish

**Potatoes and Potato Substitute:** White potatoes, macaroni, spaghetti, noodles, rice

**Soup:** Soups made from allowed ingredients

**Vegetables:** Brussel sprouts, cabbage, cauliflower, mushrooms, onion, green peas,, radishes

**Miscellaneous:** Jelly or preserves made with allowed fruit, lemon and lime juice, coconut, sugar

#### **Moderate Oxalate (2-10 mg/serving)**

**Beverages:** Coffee (limit to 8oz per day)

**Bread and Cereal:** Cornbread, Sponge Cake

**Fruits and Fruit Juices:** Apricots, red sour cherries, cranberry juice, peaches, pineapple, plums, prunes, orange juice, grape juice

**Meat and Meat Substitutes:** Sardines

**Potatoes and Potato Substitute:** Spaghetti canned in tomato sauce

**Soup:** Dehydrated chicken noodle soup

**Vegetables:** Asparagus, broccoli, corn, carrots, cucumber, iceberg lettuce, lima beans, parsnips, tomatoes (small), turnips, tomato juice (1/2 cup)

#### **High Oxalate (>10mg/serving)**

**Beverages:** Tea or dark robust beer

**Milk:** Chocolate milk, cocoa, ovaltine and instant breakfast mixes

**Bread and Cereal:** Fruit Cake, Bran, Wheat Germ, Grits (white corn), soybean crackers

**Fats:** Sesame seeds, nut butters, peanuts, almonds, pecans, cashews, walnuts

**Fruits and Fruit Juices:** Blackberries, blueberries, fruit cocktail, purple grapes, lemons/lime/ and orange peel, raspberries, rhubarb, strawberries, tangerines

**Meat and Meat Substitutes:** Canned baked beans in tomato sauce, tofu

**Potatoes and Potato Substitutes:** Sweet Potatoes

**Soups:** Vegetable soup, tomato soup

**Vegetables:** Wax dried beans, beets, celery. Eggplant, escarole, okra, kale, green pepper, rutabaga, chive, summer squash, watercress

**Miscellaneous:** Jelly or preserves made with allowed fruit, lemon and lime juice, coconut, sugar  
Chocolate, cocoa, marmalade