

# Your Health Education

## Low Oxalate Diet

### Low Oxalate Diet May Help Prevent Kidney Stones

**Kidney stones** are a common disorder of the urinary tract.

Kidney stones are pieces of stone-like material that form on the walls of the kidney. They are caused by a buildup of minerals in urine.

Most stones are so small that they pass through the urinary system without pain. However, a large enough stone can cause extreme pain or urinary blockage. This is very painful, and requires treatment or surgery.

In the United States, about 1 million people get kidney stones every year. Stones usually affect people between the ages of 20 and 40. They affect men more often than women. You may also be at risk if you have a family history of kidney stones.

Some people have kidney stones made from calcium oxalate (OX-uh-layt). 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.

The following charts will help you avoid foods high in oxalate. They will help you eat foods low in oxalate. This may help prevent kidney stones.

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)

In the following charts, food and drink serving sizes are 3.5 ounces (100 grams), unless otherwise noted.

### 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	

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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	

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<b>Fruit</b>		
• Apples	• Mandarin orange	• Pineapples
• Applesauce	• Orange	• Purple and Damson plums
• Apricots	• Fresh peaches	• Prunes
• Coconut	• Fresh pear	• Fresh strawberries
• Cranberries		
<b>Meat</b>		
• Liver	• Sardines	
<b>Starch</b>		
• 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
<b>Vegetables</b>		
• 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
<b>Miscellaneous</b>		
• 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.

<b>Drinks</b>		
• 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

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<b>Herbal Teas</b>		
• 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)
<b>Dairy</b>		
• Cheese	• Buttermilk	• Milk
<b>Fats, nuts, seeds</b>		
• Butter	• Mayonnaise	• Vegetable oil
• Margarine	• Salad dressing	
<b>Fruit</b>		
• 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	
<b>Meat</b>		
• Bacon	• Ham	• Pork
• Beef	• Lamb	• Poultry
• Corned beef	• Lean meats	• Shellfish
• Fish (except sardines)		
<b>Starches</b>		
• Barley	• Egg noodles	• Pasta (plain)
• Cereals (corn or rice)	• English muffin	• White rice
• Cheerios	• Graham crackers	• Wild rice
• Chicken noodle soup	• Macaroni	
<b>Vegetables</b>		
• Cabbage	• Endive	• Peas
• Cauliflower	• Kohlrabi	• Radishes
• Chives	• Mushrooms	• Water chestnut
• Cucumber		

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<b>Condiments</b>		
• 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		
<b>Miscellaneous</b>		
• Gelatin (unflavored)	• Jell-O	• Lemon juice
• Hard candy	• Lemon balm	• Lime juice

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