

Low Oxalate Diet

Information for Patients

A 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.

LOW OXALATE DIET

Avoid these high-oxalate foods and drinks

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

DRINKS

dark or "robust" beer
black tea
chocolate milk
cocoa
instant coffee
hot chocolate
juice made from high oxalate fruits (see below for 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

MEAT

None

STARCH

amaranth
buckwheat
cereal (bran or high fiber)
crispbread (rye or wheat)
fruit cake
grits
pretzels
taro
wheat bran
wheat germ
whole wheat bread
whole wheat flour

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

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

CONDIMENTS

black pepper (more than 1 tsp)
marmalade
soy sauce

MISCELLANEOUS

chocolate
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

- draft beer
- carrot juice
- brewed coffee
- cranberry juice
- grape juice
- Guinness draft beer
- Matetea tea
- orange juice
- rosehip tea
- tomato juice
- Twinings black currant tea

DAIRY

- yogurt

FATS, NUTS, SEEDS

- flaxseed
- sunflower seeds

FRUIT

- apples
- applesauce
- apricots
- coconut
- cranberries
- mandarin orange

orange

- fresh peaches
- fresh pear
- pineapples
- purple and Damson plums
- prunes
- fresh strawberries

MEAT

- liver
- sardines

STARCH

- bagels
- brown rice
- cornmeal
- corn starch
- corn tortilla
- fig cookie
- oatmeal
- ravioli (no sauce)
- spaghetti in red sauce
- sponge cake
- cinnamon Poptart
- 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

MISCELLANEOUS

- ginger
- malt
- potato chips (less than 3.5 oz)
- strawberry jam/preserves
- thyme

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
apple juice
apricot nectar
bottled beer
buttermilk
cherry juice
cola
grapefruit juice
green tea
herbal teas:
see below

lemonade
lemon juice
limeade
lime juice
milk
oolong tea
pineapple juice
wine

DAIRY

cheese
buttermilk
milk

FATS, NUTS, SEEDS

butter
margarine
mayonnaise
salad dressing
vegetable oil

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)

MEAT

bacon
beef
corned beef
fish (except sardines)
ham
lamb
lean meats
pork
poultry
shellfish

STARCHES

barley
cereals (corn or rice)
Cheerios
chicken noodle soup
egg noodles
English muffin
graham crackers
macaroni
pasta (plain)
white rice
wild rice

VEGETABLES

cabbage
cauliflower
chives

cucumber
endive
kohlrabi
mushrooms
peas
radishes
water chestnut

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

MISCELLANEOUS

gelatin (unflavored)
hard candy
Jell-O
lemon balm
lemon juice
lime juice

HERBAL TEAS

Celestial Seasonings
Sleepytime
Peppermint
Wild Forrest
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