



## FIVE VALLEYS UROLOGY

WESTENFELDER • SIMMONS • KRONNER • WICHER

# Low Oxalate Diet

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### *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*