

Dietary Changes To Prevent Calcium Oxalate Stones



Food	Mg oxalate/100g
Rhubarb	600-1235
Spinach	600-970
Beetroot	870
Almond	500
Tofu	140-280
Pecans	202
Peanuts	187
Okra	146
Chocolate	117
Collard greens	74
Sweet Potato	56

GRAINS		
Low Oxalate	Medium Oxalate	High Oxalate
Cornflakes (Kellogg's) Cornstarch (1 tbsp) Egg noodles Rice, white Rice, wild Rye bread	Bagel (1 medium) (Lender's) Barley, cooked Bread, white (2 slices) Corn tortilla (1 medium) Combread Commeal, yellow (1 cup dry) Cornstarch (1/4 cup) English muffin, white (1 medium) Macaroni, cooked Oatmeal (1/4 cup) (high) Rice, brown Saltine or soda crackers (16) (Zesta by Keebler) Spaghetti Spaghetti in tomato sauce Vanilla Wafers (25) (Nabisco) Wheat or plain flour	Bread, whole wheat Cheerios (1 cup) Graham crackers Graham flour Grits, white corn Kamut Oatmeal Popcorn (4 cups, popped) (Orville Redenbacher) Soybean crackers Spelt Stone ground flour Wheat bran Wheat germ Whole wheat flour Yellow Dock

VEGETABLES

Low Oxalate	Medium Oxalate	High Oxalate
Acom squash Alfalfa sprouts Cabbage, white Cauliflower Cucumbers, peeled Green peas, frozen Lettuce, iceberg (1/2 cup) Mung bean sprouts Pepper, red Turnips, roots Zucchini squash	Asparagus Artichokes Brussels sprouts Broccoli Carrots Corn (sweet, white, or yellow) Cucumber (1 medium) Garlic Green beans, snap, or runner beans (high) Kohlrabi Lettuce butter iceberg (1 cup) Mushrooms Mustard greens Onions Peppers, green (1/2 medium) Potato chips (50) (Wise Original) Potatoes, white, russet, Idaho (1/3 cup) (high) Potato salad (1/4 cup) Radishes Snow peas Tomato, fresh Tomato sauce, canned (1/4 cup) Vegetable beef soup (Campbell's) Watercress	Beets - tops, roots, greens Celery Collards Dandelion greens Eggplant Escarole Green beans, snap, pod, runner Kale Leeks Okra Parsley Parsnips Peppers, green Pokeweed Popcorn (4 cups, popped) (Orville Redenbacher) Potatoes Potatoes, sweet Pumpkin Rhubarb Rutabagas Sorrel Spinach Squash, yellow, summer Swiss chard Tomato sauce, canned Turnip greens Watercress Yams Pesticides

LEGUMES, NUTS, AND SEEDS

Low Oxalate	Medium Oxalate	High Oxalate
Coconut Lentils Water chestnuts	Cashews Garbanzo beans, canned (1/4 cup) Lima beans Split peas, cooked Sunflower seeds, hulled, dry roasted (1 oz) (high) Tofu, raw firm (high) Walnuts	Beans, green, waxed, dried Baked beans in tomato sauce, canned Nuts Peanuts Pecans Garbanzo beans, canned Peanut butter Sesame seeds Soybean curd (tofu) Sunflower seeds All soy products

OTHER FOODS

Low Oxalate	Medium Oxalate	High Oxalate
Carob Gelatin, unflavored (Knox) (1 packet) Vinegar, apple cider	Malt (1 tbsp) No fat ranch dressings	

BEVERAGES

Low Oxalate	Medium Oxalate	High Oxalate
Barley water Cider Coke Coca-Cola Distilled alcohol Fruit juices (4 oz) Apple Grapefruit Lemon* Lime* Pineapple Gingerale (Schwepp's) Kukicha twig tea Lemonade or limeade (made without peel) Milk Orange soda (Minute Maid) Pepsi Pepsi-Cola Pineapple juice Root beer (Borg's and A&W) Bigelow herbal teas- (hot, brew time 4 min) Cranberry Apple Cozy Chamomile Purely Peppermint Apple & Spice Chamomile Mint Cinnamon Orange Hibiscus & Rose Hips (iced, brew time 10 min) Red Raspberry Tahitian Breeze Perfect Peach Raspberry Royale Water	Beer (Budweiser) (12 oz) Beer, draft (12 oz) Beer, stout (Guinness draft) (12 oz) Coffee Fruit juices (4 oz) Cranberry Grape Orange Tomato Orangeade (4 oz) Tea, rosehip Bigelow herbal teas (hot, brew time 4 min) Lemon & C Spearmint (iced, brew time 10 min) Premium V-8 Juice Wine, Beaujolais	Beer - lager draft, Tuborg, Pilsner Chocolate milk Cocoa Juices containing berries high in oxalates Ovaltine Tea, black, Indian Bigelow herbal teas (hot, brew time 4 min) Apple Orchard Fruit & Almond I Love Lemon Mint Medley Orange Spice Perfect Peach Red Raspberry Specially Strawberry Sweet Dreams Take-A-Break Orange & C

CONDIMENTS

Low Oxalate	Medium Oxalate	High Oxalate
Butter Buttermilk Cheese Milk Yogurt Natural, nonfat, plain Dannon, Fruit-on-the-Bottom yogurts (except orange)	<i>none listed</i>	<i>none listed</i>

DAIRY

Low Oxalate	Medium Oxalate	High Oxalate
Butter Buttermilk Cheese and Milk Yogurt Natural, nonfat, plain Dannon, Fruit-on-the-Bottom yogurts (except orange)	<i>none listed</i>	<i>none listed</i>

MEATS

Low Oxalate	Medium Oxalate	High Oxalate
Bacon (up to 9 strips) Beef Chicken Corned beef, canned Eggs Fish, haddock, plaice, and flounder Ham Hamburger Lamb Pork Turkey	Bacon (10 or more slices) Kidney, beef Liver Sardines	<i>none listed</i>

FATS

Low Oxalate	Medium Oxalate	High Oxalate
Butter Margarine Mayonnaise (Heintz) Salad dressing Vegetable oils	<i>none listed</i>	<i>none listed</i>

FRUITS

Low Oxalate	Medium Oxalate	High Oxalate
Apples, peeled Avocado Cherries, Bing and sour Cranberries, canned (Ocean Spray) Grapes Thompson seedless, green Red Lemons Lemon juice (1 cup) Lime juice (1 cup) Mangoes Melons Cantaloupe Casaba Honeydew Watermelon Nectarines Papaya, Hawaiian Raisins, golden	Apples Apricots Berries (1/4 cup) Blackberries Blueberries Dewberries Red raspberries Currants, black Cherries, red sour Cranberries, dried Grapefruit Grapes Oranges Peaches, Alberta Peaches, Hiley, Stokes, canned Pears, Bartlett Pineapple, Sainsbury, canned Pineapple chunks (Dole) Plums, green or golden Gage, Damson Prunes, Italian Tangerines (high)	Blackberries Blueberries Grapes, Concord Currants, red Dewberries Figs, dried Gooseberries Kiwi Lemon peel Lime peel Orange peel Raspberries, red and black Rhubarb Strawberries Tangerines

SWEETS

Low Oxalate	Medium Oxalate	High Oxalate
Corn syrup (Karo) (1 tbsp) Honey (1 tbsp) Jellies, jams, or preserves made with low and medium fruits (1 tbsp) Maple syrup, pure (1 tbsp)	Sponge cake (1 slice) Preserves, strawberry (1 tbsp) Marmalade (1/4 cup)	Fig Newtons Fruitcake (1 slice) Marmalade