



Nephrology Associates

LOW OXALATE DIET

Your doctor has prescribed a Low Oxalate Diet. It is meant to provide less than 50 mg of oxalate per day. Oxalate is formed after breakdown of some types of foods, mostly from plant sources. To reduce calcium oxalate stones from being formed, a diet adequate in calcium as well as an oxalate restriction is advised. When enough calcium from the diet is available, it binds with oxalate to make it less available for absorption. A rise of oxalate in the urine from increased absorption may promote the formation of stones.

Food Groups	Low or No Oxalate (Less than 2 mg/serving)	Moderate Oxalate (2-10 mg/serving)	High Oxalate (Greater than 10 mg/serving)
Vegetables (1/2 cup cooked, 1 cup raw)	Avocado Brussel Sprouts Cauliflower Cabbage Mushrooms Onions Peas, green (fresh or frozen) Potatoes, white Radishes	Asparagus Broccoli Carrots Corn: sweet white or yellow Green peas, canned Lettuce Lima Beans Parsnips Tomato, 1 small or 4 oz juice Turnips	Beans: green, wax, dried Beets: root, greens Pokeweed Celery Chives Cucumbers Dandelion greens Eggplant Escarole Kale Leeks Mustard greens Okra Parsley Peppers Potatoes, sweet Rutabagas Spinach Summer Squash Swiss Chard Watercress
Fruit/Juices (1/2 cup canned or juice, 1 medium fruit)	Apple & apple juice Avocado Banana Cherries, bing Grapefruit, fruit & juice Grapes, green Mangoes Melons: cantaloupe, casaba, honeydew, watermelon Nectarines Pineapple juice Plums, green or yellow	Apricots Black currants Cherries, red sour Cranberry juice Grape juice Orange, fruit and juice Peaches Pears Pineapple Plums, purple Prunes	Berries (blueberries, dew berries, blackberries, raspberries, strawberries) Currants, red Fruit cocktail Grapes, purple Lemon peel Lime peel Orange peel Rhubarb Tangerine Juices made from above fruits
Bread/Starches (1/2 cup unless otherwise indicated)	Bread (1 slice) Breakfast cereals Macaroni Noodles Rice	Cornbread (2" square) Sponge cake (1" slice) Spaghetti, canned in tomato sauce (1/2 cup)	Amaranth (1/2 cup) Fruit cake 1/8 cake Grits, white corn Soybean crackers Wheat germ and bran (1 cup)
Fats/Oils	Bacon 2 slices Mayonnaise 1 tbs Salad dressing 1 tbs Vegetable oils 1 tbs Butter, margarine 1 tbs		Nuts: peanuts, almonds, pecans, cashews, walnuts (1/3 cup) Nut butters (6 tbsp) Sesame seeds (1 cup)
Miscellaneous	Coconut Jelly or preserves (made with allowed fruits) Soups with allowed ingredients Sugar	Chicken noodle soup, dehydrated	Carob (3/4 cup) Coconut, cocoa (3-4 oz) Vegetable soup (1/2 cup) Tomato soup (1/2 cup) Marmalade (5 tbsp)
Beverages	Beer, bottled light Carbonated cola (limit to 12 oz/day) Distilled alcohol 1 oz Lemonade or limeade without added vitamin C Milk (whole, low fat, or skim) Buttermilk Wine: red, rose, white (3-4 oz) Yogurt with allowed milk	Coffee (limit to 8 oz)	Beer, 4 oz (dark, robust) Ovaltine and other beverage mixes Chocolate milk Cocoa
Meat & Meat Substitute 1oz = 1 serving	Eggs 1 whole Cheese Beef, lamb, pork Poultry Seafood	Sardines	Baked beans canned in tomato sauce (1/3 cup) Peanut butter 1 tbs Tofu