

ADVANCED OBSTETRICS AND GYNECOLOGY

“Comprehensive Healthcare for Women”

Low-Oxalate Diet

- **What Are Oxalates?** Oxalates are naturally-occurring substances found in plants, animals, and humans. The kidneys excrete oxalates into the urine.
- **Why Should I Follow a Low-Oxalate Diet?** Eating a diet low in oxalates can reduce your risk of developing kidney stones and may help with bladder and vulvar pain symptoms. Kidney stones sometimes form when oxalates and calcium bind together. Decreasing the amount of oxalates that are present in the urine lowers this risk.
- **Low-Oxalate Basics** A low-oxalate diet usually limits oxalate intake to about 50 milligrams (mg) per day. Because oxalates are found in many different foods, it is important to become familiar with which foods are fine to eat in moderation and which foods should be avoided.
- **Eating Guide for a Low-Oxalate Diet** This chart from the American Dietetic Association spotlights foods that are either low or moderate in oxalates. If you have calcium stones, it is important to decrease your sodium intake, as well.

Foods Low in Sodium or Oxalate	Foods Recommended
Drinks	Coffee, fruit and vegetable juice (from the recommended list), fruit punch
Fruits	Apples, apricots (fresh or canned), avocado, bananas, cherries (sweet), cranberries, grapefruit, red or green grapes, lemon and lime juice, melons, nectarines, papayas, peaches, pears, pineapples, oranges, strawberries (fresh), tangerines
Vegetables	Artichokes, asparagus, bamboo shoots, broccoli, brussels sprouts, cabbage, cauliflower, chayote squash, chicory, corn, cucumbers, endive, kale, lettuce, lima beans, mushrooms, onions, peas, peppers, potatoes, radishes, rutabagas, zucchini
Breads, Cereals, Grains	Egg noodles, rye bread, cooked and dry cereals without nuts or bran, crackers with unsalted tops, white or wild rice
Meat, Meat Replacements, Fish, Poultry	Meat, fish, poultry, eggs, egg whites, egg replacements
Soup	Homemade soup (using the recommended veggies and meat), low-sodium bouillon, low-sodium canned
Desserts	Cookies, cakes, ice cream, pudding without chocolate or nuts, candy without chocolate or nuts
Fats and Oils	Butter, margarine, cream, oil, salad dressing, mayonnaise
Other Foods	Unsalted potato chips or pretzels, herbs (eg, garlic, garlic powder, onion powder), lemon juice, salt-free seasoning blends, vinegar
Other Foods Low in Oxalate	Foods Recommended
Drinks	Beer, cola, wine, buttermilk, lemonade or limeade (without added vitamin C), milk
Meat, Meat Replacements, Fish, Poultry	Lunch meat, ham, bacon, hot dogs, bratwurst, sausage, chicken nuggets, cheddar cheese, canned fish and shellfish
Soup	Tomato soup, cheese soup
Moderate-Oxalate Foods	Foods to Limit
Drinks	Fruit and vegetable juices (from the recommended list), chocolate milk, rice milk, hot cocoa, tea
Fruits	Blackberries, blueberries, black currants, cherries (sour), fruit cocktail, mangoes, orange peel, prunes, purple plums

Moderate-Oxalate Foods		Foods to Limit (continued)	
Vegetables		Baked beans, carrots, celery, green beans, parsnips, summer squash, tomatoes, turnips	
Breads, Cereals, Grains		White bread, cornbread or cornmeal, white English muffins, saltine or soda crackers, brown rice, vanilla wafers, spaghetti and other noodles, firm tofu, bagels, oatmeal	
Meat/meat replacements, fish, poultry		Sardines	
Desserts		Chocolate cake	
Fats and Oils		Macadamia nuts, pistachio nuts, english walnuts	
Other Foods		Jams or jellies (made with the recommended fruits), pepper	
High-Oxalate Foods		Foods to Avoid	
Drinks		Chocolate drink mixes, soy milk, Ovaltine, instant iced tea, fruit juices of fruits listed below	
Fruits		Apricots (dried), red currants, figs, kiwi, plums, rhubarb	
Vegetables		Beans (wax, dried), beets and beet greens, chives, collard greens, eggplant, escarole, dark greens of all kinds, kale, leeks, okra, parsley, rutabagas, spinach, Swiss chard, tomato paste, watercress	
Breads, Cereals, Grains		Amaranth, barley, white corn flour, fried potatoes, fruitcake, grits, soybean products, sweet potatoes, wheat germ and bran, buckwheat flour, All Bran cereal, graham crackers, pretzels, whole wheat bread	
Meat/meat replacements, fish, poultry		Dried beans, peanut butter, soy burgers, miso	
Desserts		Carob, chocolate, marmalades	
Fats and Oils		Nuts (peanuts, almonds, pecans, cashews, hazelnuts), nut butters, sesame seeds, tahini paste	
Other Foods		Poppy seeds	

Suggestions

- Become familiar with serving sizes. Be aware of how many grams of oxalates you are eating.
- Consider meeting with a registered dietitian to develop an eating plan.
- Additional tips on preventing kidney stones:
 - Stay hydrated by drinking plenty of fluids every day.
 - Do not take large doses of vitamin C supplements (limit to less than 1,000 mg/day).
 - Keep protein intake below 80 grams/day.
 - Eat a low salt diet (less than 2,000 mg/day).

Resources: American Dietetic Association