

## Kidney Stone Oxalate Diet

Do Not eat foods containing more than 50mg oxalate per 100gm serving (\*\*). Foods containing between 5-50mg should be eaten in moderation (\*) (a single 4-ounce serving per day). Remember, the purpose of the low oxalate diet is to avoid super-saturation (excess concentration) of the urine with oxalate; therefore small amounts periodically are less harmful than large amounts. Avoid vitamin C supplements.

**Diluting the urine with large quantities of water is essential in this diet.**

<b><u>Cereal /Cereal Products</u></b>	<b><u>Oxalate</u></b>	<b><u>Vegetables</u></b>	<b><u>Oxalate</u></b>
Bread, White	4.9	Cabbage, boiled	0.0
Cake, fruit	11.8 *	Carrots, canned	4.0
Cake, sponge	7.4	Cauliflower, boiled	1.0
Cornflakes	2.0	Celery	20.0 *
Crackers, soybean	207.0 **	Chard, Swiss	645.0 **
Egg Noodles (chow-mein)	1.0	Chive	1.1
Grits (with corn)	41.0	Collards	74.0 *
Macaroni, boiled	1.0	Corn	5.2
Oatmeal, porridge	1.0	Cucumber, raw	1.0
Rice, boiled	0.0	Dandelion Greens	24.6 *
Spaghetti, boiled	1.5	Eggplant	18.0 *
Spaghetti, w/red sauce	4.0	Escarole	31.0 *
Wheat Germ	269.0 **	Kale	13.0 *
<b><u>Milk / Milk Products</u></b>	<b><u>Oxalate</u></b>	Leek	89.0 *
Butter	0.0	Lettuce	3.0
Cheese, cheddar	0.0	Lima Beans	4.3
Margarine	0.0	Mushrooms	2.0
Milk	0.15	Mustard Greens	7.7
<b><u>Meats &amp; Eggs</u></b>	<b><u>Oxalate</u></b>	Okra	146.0 **
Bacon, fried	3.3	Onion, boiled	3.3
Beef, canned corned	0.0	Parsley, raw	100.0 **
Beef, topside roast	0.0	Parsnips	10.0 *
Chicken, roasted	0.0	Peas, canned	1.0
Eggs, boiled	0.0	Pepper, green	16.0 *
Fish:		Pokeweed	476.0 **
Haddock	0.2	Potatoes, white, boiled	0.0
Plaice	0.3	Radishes	0.3
Sardines	4.8		
Ham	1.6	Rutabagas	19.0*
Ground Beef	0.0	Spinach, boiled	750.0 **
Lamb, roast	trace	Spinach, frozen	600.0 **
Liver	7.1	Squash, summer	22.0 *
Pork, roast	1.7	Sweet Potatoes	56.0 *
		Tomatoes, raw	2.0
<b><u>Vegetables</u></b>	<b><u>Oxalate</u></b>	Turnips, boiled	1.0
Asparagus	5.2 *	Watercress, curly	10.0 *

Beans, green boiled	15.0 *
<b><u>Vegetables (cont.)</u></b>	<b><u>Oxalate</u></b>
Beans, in tomato sauce	19.0 *
Beetroot, boiled	675.0 **
Beetroot, pickled	500.0 **
Broccoli, boiled	trace
Brussels Sprouts, boiled	0.0

<b><u>Fruits</u></b>	<b><u>Oxalate</u></b>
Apples	3.0
Apricots	2.8
Avocado	0.0
Banana	trace
Berries:	
Black	18.0 *
Blue	15.0 *
Dew	14.0 *
Green Goose	88.0 *
Raspberries, black	53.0 *
Raspberries, red	15.0 *
Strawberries, canned	15.0 *
Strawberries, raw	10.0 *
Cherries, bing	0.0
Cherries, sour	1.1
Currants, black	4.3
Currants, red	19.0 *
Fruit salad, canned	12.0 *
Grapes, concord	25.0 *
Grapes, thomp. Seedless	0.0
Lemon peel	83.0 *
Lime peel	110.0 **
Mangoes	0.0
Melon, cantaloupe	0.0
Melon, honeydew	0.0
Nectarines	0.0
Orange, raw	4.0
Peaches:	
Alberta	5.0
Canned	1.2
Hiley	0.0
Stokes	1.2
Pears, Bartlett, canned	1.7
Pears, raw	3.0
Pineapple, canned	1.0
Plumes:	
Red/purple	10.0
Yellow	1.1
Green	0.0
Preserves:	

<b><u>Confectionary</u></b>	<b><u>Oxalate</u></b>
Chocolate, plain	117.0 **
Jelly, w/allowed fruit	0.0
Marmalade	10.8 *
Sweets (plain candies)	0.0

<b><u>Beverages</u></b>	<b><u>Oxalate</u></b>
Barley water, bottled	0.0
Coca-cola	trace
Coffee .5g Nescafe/100ml	3.2
Lemonade	1.0
Lucozade (bottled soda)	0.0
Orange Drink (orangeade)	2.5
Ovaltine (2g in 100ml)	10.0 *
Pepsi-cola	2.0
Ribena (black currant drink)	2.0
Tea, Indian	55-78.0 *
Tea, Rosehip	4.0
Tomato	5.0
<b><u>Juices</u></b>	<b><u>Oxalate</u></b>
Apple	trace
Cranberries	6.6
Grape	5.8
Grapefruit	0.0
Orange	0.5
Pineapple	0.0

<b><u>Beverages Alcoholic</u></b>	<b><u>Oxalate</u></b>
Beer:	
Bottled	0.0
Draft	1.0
Lager draft, Tuborg Pilsner	4.0
Stout, Guinness draft	2.0
Cider	0.0
Sherry, dry	trace
Wine:	
Port	trace
Rose	1.5
White	0.0

<b><u>Miscellaneous</u></b>	<b><u>Oxalate</u></b>
Coca, dry powder	623.0 **
Coffee, powder (Nescafe)	33.0 *
Chicken Noodle	1.0

Red Plum Jam	0.5
<b><u>Fruits (cont.)</u></b>	<b><u>Oxalate</u></b>
Strawberry Jam	9.4
Prunes, Italian	5.8
Rhubarb, canned	600.0 **
Rhubarb, stewed-no sugar	860.0 **

<b><u>Nuts</u></b>	<b><u>Oxalate</u></b>
Peanuts, roasted	187.0 **
Pecans	202.0 **

Lemon juice	1.0
<b><u>Miscellaneous</u></b>	<b><u>Oxalate</u></b>
Lime Juice	0.0
Ovaltine powder, canned	35.0 *
Pepper	419.0 **
Soybean	207.0 **
Tomato Soup	3.0
Vegetable Soup	5.0
Wheat germ	269.0 **