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Low Oxalate Diet

Adapted from: Low Oxalate Cookbook.

Food	Oxalate Content	Category
Bacon	Neg	Meat
Baking Soda	Neg	Baking Ingredient
Beef	Neg	Meat
Club Soda	Neg	Beverage
Eggs	Neg	Meat
Fish	Neg	Meat
Ham	Neg	Meat
Lamb	Neg	Meat
Meats	Neg	Meat
Pork	Neg	Meat
Port Wine	Neg	Alcoholic Bev.
Poultry	Neg	Meat
Pumpkin-Raw	Neg	Vegetable
Radishes-Red	Neg	Vegetable
Shellfish	Neg	Meat
Sherry	Neg	Alcoholic Bev.
Watercress	Neg	Vegetable
Acorn Squash	VL	Vegetable
Aloe Vera Juice	VL	Supplement
Apple Cider Vinegar	VL	Condiment
Apple Juice	VL	Beverage
Apricots-Fresh	VL	Fruit
Aspartame	VL	Sweetener
Avocados	VL	Fruit
Baking Powder	VL	Baking Ingredient
Bok Choy	VL	Vegetable
Butter	VL	Fat
Buttermilk	VL	Beverage
Cauliflower-Boiled	VL	Vegetable
Cheddar Cheese	VL	Dairy
Cherries-Fresh	VL	Fruit
Chestnuts	VL	Legume, Nut, Seed
Chives	VL	Herb, Spice, Flavoring
Cilantro	VL	Herb, Spice, Flavoring
Coconut	VL	Legume, Nut, Seed
Coffee	VL	Beverage
Coffee (Instant)	VL	Beverage
Corn Syrup	VL	Sweetener
Courgette (Zucchini)	VL	Vegetable
Cranberry Juice	VL	Beverage
Cream of Tartar	VL	Baking Ingredient
Cucumbers	VL	Vegetable
Echinacea	VL	Supplement
Evaporated Cane Juice	VL	Sweetener
Gelatin (Unflavored)	VL	Baking Ingredient
Ghee	VL	Dairy
Grapefruit Juice	VL	Beverage
Grapes-Green	VL	Fruit
Green Beans	VL	Vegetable

Oxalate Content:

Neg = 0mg Negligible

VL = 0.1-2.9mg Very Low

L = 3.0-4.9mg Low

M = 5.0-9.9mg Moderate

H = 10.0-14.9mg High

VH = 15.0mg & up Very High

Food	Oxalate	Category		Food	Oxalate	Category
Honey	VL	Sweetener		Asparagus	L	Vegetable
Honeydew	VL	Fruit		Barley	L	Grain/Grain Alt.
Ketchup	VL	Condiment		Black-Eyed Peas	L	Legume, Nut, Seed
Kohlrabi	VL	Vegetable		Broccoli Tips-Boiled	L	Vegetable
Kumquats	VL	Fruit		Broccoli-Boiled	L	Vegetable
Lecithin (soy)	VL	Fat		Brussell Sprouts-Boiled	L	Vegetable
Lemons	VL	Fruit		Cabbage, Green-Boiled	L	Vegetable
Lettuce	VL	Vegetable		Cabbage, Green-Raw	L	Vegetable
Maple Syrup	VL	Sweetener		Canola Oil	L	Fat
Milk	VL	Beverage		Casaba (Melon)	L	Fruit
Mushrooms	VL	Vegetable		Cauliflower-Raw	L	Vegetable
Mustard (Spice)	VL	Herb, Spice, Flavoring		Cauliflower-Steamed	L	Vegetable
Nutmeg	VL	Herb, Spice, Flavoring		Cherry Juice	L	Beverage
Orange Juice-Fresh	VL	Beverage		Collard Greens-Raw	L	Vegetable
Orange Juice-Frozen	VL	Beverage		Corn	L	Grain/Grain Alt.
Passion Fruit	VL	Fruit		Flax Seed	L	Legume, Nut, Seed
Peaches	VL	Fruit		Ginger	L	Herb, Spice, Flavoring
Peas-Boiled	VL	Legume, Nut, Seed		Grape Juice-White	L	Beverage
Pepper, White (spice)	VL	Herb, Spice, Flavoring		Grapes-Red	L	Fruit
Peppermint Tea	VL	Beverage		Huckleberries	L	Fruit
Peppers, Red	VL	Vegetable		Lactaid Milk	L	Beverage
Pickles (Dill)	VL	Vegetable		Lactose Hydrolyzed Milk	L	Beverage
Pineapple Juice	VL	Beverage		Lemon Juice	L	Fruit
Pumpkin-Canned	VL	Vegetable		Lime Juice	L	Fruit
Radishes-White	VL	Vegetable		Lychees	L	Fruit
Rice-White	VL	Grain/Grain Alt.		Mangos	L	Fruit
Saccharine	VL	Sweetener		Mayonnaise	L	Condiment
Scotch Whisky	VL	Alcoholic Bev.		Mung Bean Sprouts	L	Legume, Nut, Seed
Soy Lecithin	VL	Fat		Olive Oil	L	Fat
Soybean Oil	VL	Fat		Onions	L	Vegetable
Spearmint Tea	VL	Beverage		Parmesan Cheese	L	Dairy
Spirulina	VL	Supplement		Parsley	L	Herb, Spice, Flavoring
Splenda	VL	Sweetener		Pears-Peeled	L	Fruit
Sucralose	VL	Sweetener		Pineapple	L	Fruit
Sugar	VL	Sweetener		Plums	L	Fruit
Tarragon	VL	Herb, Spice, Flavoring		Raisins	L	Fruit
Turbinado Sugar	VL	Sweetener		Rosemary	L	Herb, Spice, Flavoring
Turnip (Swede)	VL	Vegetable		Sage	L	Herb, Spice, Flavoring
Vanilla	VL	Herb, Spice, Flavoring		Split Peas-Yellow	L	Legume, Nut, Seed
Vanillin	VL	Herb, Spice, Flavoring		Swiss Cheese	L	Dairy
Water Chestnuts	VL	Vegetable		Thyme	L	Herb, Spice, Flavoring
Watermelon	VL	Fruit		Vinegar	L	Baking Ingredient
Yogurt (Commercial)	VL	Dairy		Artichokes (French)	M	Vegetable
Zucchini	VL	Vegetable		Baker's Yeast	M	Baking Ingredient
Alfalfa Sprouts	L	Grain/Grain Alt.		Bananas	M	Fruit
Apples-Golden Delicious	L	Fruit		Basil	M	Herb, Spice, Flavoring
Apples-Granny Smith	L	Fruit		Broccoli-Raw	M	Vegetable
Apples-Jonathan	L	Fruit		Brussell Sprouts-Raw	M	Vegetable
Apples-Red Delicious	L	Fruit		Cabbage, Green-	M	Vegetable

Food	Oxalate	Category		Food	Oxalate	Category
Carrots-Boiled	M	Vegetable		Pepper, Black (spice)	H	Herb, Spice, Flavoring
Celeriac-Canned	M	Vegetable		Peppercorn	H	Herb, Spice, Flavoring
Chick Peas	M	Legume, Nut, Seed		Persimmons	H	Fruit
Collard Greens-Boiled	M	Vegetable		Pistachio Nuts	H	Legume, Nut, Seed
Cornstarch	M	Grain/Grain Alt.		Raspberries-Red	H	Fruit
Eggplant	M	Vegetable		Sorrel	H	Vegetable
Garbanzo Beans	M	Legume, Nut, Seed		Tomato Paste-Canned	H	Vegetable
Grape Juice-Red	M	Beverage		Tomato Purée-Canned	H	Vegetable
Leek	M	Vegetable		Tomato Sauce-Canned	H	Vegetable
Lentils -Boiled	M	Legume, Nut, Seed		V8 Juice	H	Beverage
Lima Beans	M	Legume, Nut, Seed		Yellow Dock	H	Vegetable
Limes	M	Fruit		Almonds	VH	Legume, Nut, Seed
Mandarin Oranges	M	Fruit		Beets	VH	Vegetable
Mung Beans	M	Legume, Nut, Seed		Black Beans	VH	Legume, Nut, Seed
Oats	M	Grain/Grain Alt.		Blackberries	VH	Fruit
Papayas	M	Fruit		Buckwheat	VH	Grain/Grain Alt.
Pears-Unpeeled	M	Fruit		Carob	VH	Herb, Spice, Flavoring
Peppers, Green	M	Vegetable		Carrots-Raw	VH	Vegetable
Potatoes, Red-Peeled	M	Vegetable		Carrots-Steamed	VH	Vegetable
Pumpkin Seeds	M	Legume, Nut, Seed		Cashews	VH	Legume, Nut, Seed
Rice-Brown	M	Grain/Grain Alt.		Celery-Raw	VH	Vegetable
Sauerkraut	M	Vegetable		Chard	VH	Vegetable
Split Peas-Green	M	Legume, Nut, Seed		Chocolate	VH	Baking Ingredient
String Beans	M	Vegetable		Cocoa Powder	VH	Baking Ingredient
Tofu	M	Legume, Nut, Seed		Durum Flour	VH	Grain/Grain Alt.
Tomato juice (canned)	M	Beverage		Figs-Dried	VH	Fruit
Tomatoes-Fresh	M	Vegetable		Figs-Fresh	VH	Fruit
Green Tea	M to H	Beverage		Filberts (Hazelnuts)	VH	Legume, Nut, Seed
Amaranth	H	Grain/Grain Alt.		Flour (Wheat)	VH	Grain/Grain Alt.
Broccoli-Steamed	H	Vegetable		Hazelnuts (Filberts)	VH	Legume, Nut, Seed
Brussell Sprouts-	H	Vegetable		Kiwi fruit	VH	Fruit
Chili Peppers	H	Vegetable		Macadamia Nuts	VH	Legume, Nut, Seed
Chocolate Milk	H	Beverage		Milk Thistle	VH	Supplement
Cinnamon	H	Herb, Spice, Flavoring		Millet	VH	Grain/Grain Alt.
Collard Greens-	H	Vegetable		Navy Beans	VH	Legume, Nut, Seed
Currants-Black	H	Fruit		Okra	VH	Vegetable
Currants-Red	H	Fruit		Olives, Black	VH	Vegetable
Dandelion Greens	H	Vegetable		Olives, Green	VH	Vegetable
Date Sugar	H	Sweetener		Peanut Butter	VH	Legume, Nut, Seed
Dates	H	Fruit		Peanuts	VH	Legume, Nut, Seed
Dewberries	H	Fruit		Pecans	VH	Legume, Nut, Seed
Gooseberries	H	Fruit		Pine Nuts	VH	Legume, Nut, Seed
Kamut	H	Grain/Grain Alt.		Pinto Beans	VH	Legume, Nut, Seed
Kidney Beans	H	Legume, Nut, Seed		Potatoes-Peeled	VH	Vegetable
Lemon Peel	H	Fruit		Potatoes-Unpeeled	VH	Vegetable
Lime Peel	H	Fruit		Raspberries-Black	VH	Fruit
Orange Peel	H	Fruit		Rhubarb	VH	Vegetable
Oranges	H	Fruit		Rye	VH	Grain/Grain Alt.
Oregano	H	Herb, Spice, Flavoring		Sesame Oil	VH	Fat

Food	Oxalate	Category
Sesame Seeds	VH	Legume, Nut, Seed
Soy	VH	Legume, Nut, Seed
Soybean Milk	VH	Beverage
Soybeans	VH	Legume, Nut, Seed
Spinach -Fresh	VH	Vegetable
Spinach-Frozen	VH	Vegetable
Star Fruit	VH	Fruit
Stevia	VH	Sweetener
Sweet Potatoes	VH	Vegetable
Tahini	VH	Legume, Nut, Seed
Turmeric	VH	Herb, Spice, Flavoring
Walnuts	VH	Legume, Nut, Seed
Wheat	VH	Grain/Grain Alt.
Bean Flour	Varies	Legume, Nut, Seed
Beer	Varies	Alcoholic Bev.
Canned Fruits	Varies	Fruit
Canned Vegetables	Varies	Vegetable
Decaffeinated Products	Varies	Beverage
Pappadam	Varies	Grain/Grain Alt.
Pasta	Varies	Grain/Grain Alt.
Seed Butters	Varies	Legume, Nut, Seed
Seed Flour	Varies	Legume, Nut, Seed
Tea	Varies	Beverage
Wine	Varies	Alcoholic Bev.