

Low Oxalate Diet Guidelines for Kidney Stone Formers

Why do I have to reduce oxalate in my diet?

Oxalate is a compound produced by the human body, as well as absorbed from the diet. It is a known promoter of urinary stone formation. If your 24-hour urine collection revealed high levels of oxalate, then we recommend cutting back on high-oxalate foods in an effort to prevent future stones.

How much oxalate can I take in?

You should limit your oxalate to 40 to 50 mg each day, or possibly less if recommended by your doctor, using the tables below.

High-oxalate foods and drinks (more than 10 mg per serving)	
Drinks	Dark beer, black tea, chocolate milk, cocoa, instant coffee, hot chocolate, juice from high-oxalate fruits, ovaltine, soy drinks
Dairy	Soy cheese, soy yogurt
Fats, nuts, seeds	Nuts, nut butters, sesame seeds, tahini, soy nuts
Starch	Amaranth, buckwheat, cereal (bran or high fiber), crispbread (rye or wheat), fruit cake, grits, taro, wheat bran, wheat germ, whole wheat bread, whole wheat flour
Fruits	Blackberries, blueberries, carambola, concord grapes, currents, dewberries, elderberries, figs, fruit cocktail, gooseberry, kiwis, lemon peel lime peel, orange peel, raspberries, rhubarb, canned strawberries, tamarillo, tangerines
Vegetables	Beans (baked, green, dried, kidney), beets, beet root, carrots, celery, chicory, collards, dandelion greens, eggplant, escarole,

	kale, leeks, okra, olives, parsley, peppers (chili and green), pokeweed, potatoes (baked, boiled, fried), rutabaga, spinach, summer squash, sweet potato, swiss chard, zucchini
Condiments	Black pepper (more than 1 tsp), marmalade, soy sauce
Misc	Chocolate, parsley
Moderate-oxalate foods and drinks (2 - 10 mg per serving)	
Drinks	Draft beer, carrot juice, brewed coffee, cranberry juice, Guinness beer, Matetea tea, orange juice, rosehip tea, tomato juice, Twinings black currant tea
Dairy	Yogurt
Fats, nuts, seeds	Flaxseed, sunflower seeds
Fruits	Apples, applesauce, apricots, coconut, cranberries, mandarin orange, orange, fresh peaches, fresh pear, pineapples, purple and Damson plums, prunes, fresh strawberries
Meat	Liver, sardines
Starch	Bagels, brown rice, cornmeal, corn starch, corn tortilla, fig cookie, oatmeal, ravioli (no sauce), spaghetti in red sauce, sponge cake, cinnamon Poptart, white bread
Vegetables	Artichoke, asparagus, broccoli, brussel sprouts, carrots (canned), corn fennel, lettuce, lima beans, mustard greens, onions, parsnip, canned peas, tomato, tomato soup, turnips, vegetable soup, watercress
Misc	Ginger, malt, potato chips (less than 3.5 oz), strawberry jam/preserves, thyme

*Food and drink serving sizes are 3.5 ounces (100 grams) unless otherwise noted.

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