

## Oxalate Content of Foods

All serving sizes are 1/2 cup unless otherwise indicated.

### Beverages:

Little or no oxalates (< 2 mg per serving)	Moderate oxalates (2-10 mg per serving) Limit to 2 servings a day of all moderate oxalates)	High oxalates (> 10 mg per serving) Avoid completely
Apple juice Grapefruit juice Lemonade, limeade (no peel) Pineapple juice Distilled alcohol Wine (port, red, rose, sherry, white) Cider Milk Bigelow herbal teas: <ul style="list-style-type: none"> <li>• Cozy chamomile</li> <li>• Purely peppermint</li> <li>• Apple &amp; spice</li> <li>• Chamomile mint</li> <li>• Cinnamon orange</li> <li>• Hibiscus &amp; rose hips</li> <li>• Tahitian breeze</li> </ul> Water	Coffee Cranberry juice Grape juice Orange juice Tomato juice Nescafe powder (1 cup) Beer Orangeade V-8 juice Wine (Beaujolais) Bigelow herbal teas: <ul style="list-style-type: none"> <li>• Lemon &amp; C</li> <li>• Spearmint</li> </ul>	Draft beer, stout, Guinness, draft lager, Tuborg, Pilsner Juices containing berries Ovaltine & other beverage mixes Tea Cocoa Chocolate milk Black Indian tea Bigelow herbal teas: <ul style="list-style-type: none"> <li>• Apple orchard</li> <li>• Fruit &amp; almond</li> <li>• I love lemon</li> <li>• Mint medley</li> <li>• Orange spice</li> <li>• Perfect peach</li> <li>• Red raspberry</li> <li>• Specially strawberry</li> <li>• Sweet dreams</li> <li>• Take a Break</li> <li>• Orange &amp; C</li> </ul>

### Condiments:

Little or No Oxalates	Moderate Oxalates	High Oxalates
Chives Mustard, Dijon (1 tblsp) Nutmeg (1 tsp) Oregano (1 tsp) Salt Vanilla extract Vinegar (not fruit on the high list)	Basil (1 tblsp) Dill (1 tblsp) Cinnamon (1 tsp) Ginger (1 tsp) Malt powder (1tblsp) Mustard, Dijon (1/2 cup) Nutmeg (1 tblsp) Pepper (1 tsp)	Cinnamon (> 1 1/2 tsp) Pepper (> 1 tsp) Ginger (1 tblsp) Soy sauce

### Meats:

Little or no Oxalates	Moderate Oxalates	High Oxalates
Beef Poultry Eggs Fish Pork Lamb	Bacon (> 10 slices) Kidney, beef Liver sardines	

**Dairy:**

Little or no Oxalates	Moderate Oxalates	High Oxalates
Butter Buttermilk Cheese Milk Yoghurt (check for fruits on the high list) Mayonnaise		

**Grains:**

Little or No Oxalates	Moderate Oxalates	High Oxalates
Cornflakes Cornstarch (1 tblsp) Egg noodles White rice Wild rice Brown rice Rye Spaghetti	Corn bread Sponge cake Spaghetti with tomato sauce Soda crackers Cornstarch (1/4 cup) Corn tortilla Cornmeal (1 cup) Wheat flour	Whole wheat bread Cheerios Graham crackers Grits Kamut Oatmeal Popcorn (4 cups) Soybean crackers Spelt Stone ground flour Wheat bran Wheat germ Whole wheat flour

**Fruits:**

Little or No Oxalates	Moderate Oxalates	High Oxalates
Apples, peeled Avocado Bananas Cherries (Bing) Cranberries Grapes (Thompson seedless, green, red) Lemons Limes Mangoes Melons Cantaloupe Honeydew Water melon Nectarines Papaya	Apples, with peel Apricots Cherries (red, sour) Cranberries, dried Grapefruit Grapes (except Thompson seedless, green, red) Oranges Peaches Pears Pineapple Plums Prunes Tangerines	Blackberries Blueberries Dewberries Gooseberries Raspberries Strawberries Grapes (Concord) Currants Figs Kiwi Lemon, lime, orange peel Rhubarb

**Vegetables:**

Little or No Oxalates	Moderate Oxalates	High Oxalates
Brussel sprouts Cauliflower Cabbage Radish Alfalfa sprouts Cucumbers, peeled Red pepper Turnip Zucchini	Asparagus Artichokes Broccoli Carrots Corn Garlic Green peas Kohlrabi Lettuce (butter, iceberg) Mushrooms Mustard greens Green peppers Onions Potatoes (white, russet) Snow peas Tomato Watercress	Beets (top, root, greens) Celery Collards Dandelion greens Eggplant Escarole Beans (green, snap, pod, runner) Kale Leeks Okra Parsley Parsnips Potatoes Sweet potatoes Pumpkin Rhubarb Rutabaga Sorrel Spinach Squash (yellow, summer) Swiss chard Tomato sauce, canned Turnip greens Yams

**Legumes, nuts, and seeds:**

Little or No Oxalates	Moderate Oxalates	High Oxalates
Coconut Lentils Water chestnuts	Cashews Garbanzo beans (1/4 cup cooked) Lima beans Split peas Sunflower seeds Walnuts	Waxed green beans Baked beans in tomato sauce Peanuts, peanut butter Pecans Tofu