



Low Oxalate Diet

*Information
for Patients*

A low oxalate diet may help prevent kidney stones

Kidney stones are a common disorder of the urinary tract. Kidney stones are pieces of stone-like material that form on the walls of the kidney. They are caused by a buildup of minerals in urine. Most stones are so small that they pass through the urinary system without pain. However, a large enough stone can cause extreme pain or urinary blockage. This is very painful, and requires treatment or surgery.

In the United States, about 1 million people get kidney stones every year. Stones usually affect people between the ages of 20 and 40. They affect men more often than women. You may also be at risk if you have a family history of kidney stones.

Some people have kidney stones made from calcium oxalate (OX-uh-layt). For these people cutting back on high-oxalate foods and salt may help prevent kidney stones.

On a low oxalate diet, you should limit your oxalate to 40 to 50 mg each day. Oxalate is found in many foods.

The following charts will help you avoid foods high in oxalate. They will help you eat foods low in oxalate. This may help prevent kidney stones.

Be sure to drink plenty of fluids. People likely to get kidney stones should drink 8 to 13 cups of fluid each day.

Your body may turn extra vitamin C into oxalate. Avoid high doses of vitamin C supplements (more than 2,000 mg of vitamin C per day)

In the following charts, food and drink serving sizes are **3.5 ounces (100 grams)**, unless otherwise noted.

LOW OXALATE DIET

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Avoid these high-oxalate foods and drinks

High-oxalate foods have more than 10 mg of oxalate per serving.

DRINKS

- dark or "robust" beer
- black tea
- chocolate milk
- cocoa
- instant coffee
- hot chocolate
- juice made from high oxalate fruits (see below for high-oxalate fruits)
- Ovaltine
- soy drinks

DAIRY

- chocolate milk
- soy cheese
- soy milk
- soy yogurt

FATS, NUTS, SEEDS

- nuts
- nut butters
- sesame seeds
- tahini
- soy nuts

MEAT

None

STARCH

- amaranth
- buckwheat
- cereal (bran or high fiber)
- crispbread (rye or wheat)
- fruit cake
- grits
- pretzels
- taro
- wheat bran
- wheat germ
- whole wheat bread
- whole wheat flour

FRUIT

- 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 greens
- 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

MISCELLANEOUS

- chocolate
- parsley

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Limit these moderate-oxalate foods and drinks

You should have no more than two or three servings of these foods per day.
Moderate-oxalate foods have 2 to 10 mg of oxalate per serving.

DRINKS

draft beer
carrot juice
brewed coffee
cranberry juice
grape juice
Guinness draft beer
Matetea tea
orange juice
rosehip tea
tomato juice
Twinings black currant tea

DAIRY

yogurt

FATS, NUTS, SEEDS

flaxseed
sunflower seeds

FRUIT

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

MISCELLANEOUS

ginger

malt

potato chips (less than
3.5 oz)

strawberry jam/preserves

thyme

LOW OXALATE DIET

Enjoy these low-oxalate foods and drinks

Eat as much of these low-oxalate foods as you like.

Low-oxalate foods have less than 2 mg of oxalate per serving.

DRINKS

apple Cider
apple juice
apricot nectar
bottled beer
buttermilk
cherry juice
cola
grapefruit juice
green tea
herbal teas:
see below

HERBAL TEAS

Celestial Seasonings
Sleepytime
Peppermint
Wild Forrest
Blackberry
Mandarin
Orange Spice
Cinnamon
Apple Spice
R.C. Bigelow
Cranberry Apple
Red Raspberry
I Love Lemon
Orange and Spic
Mint Medley
Sweet Dreams
Thomas J. Lipton
Gentle Orange
Lemon Soothe
Chamomile Flowers
Stinging Nettle

lemonade
lemon juice
limeade
lime juice
milk
oolong tea
pineapple juice
wine

DAIRY

cheese
buttermilk
milk

FATS, NUTS, SEEDS

butter
margarine
mayonnaise
salad dressing
vegetable oil

FRUIT

avocados
bananas
cherries (bing and
sour)
grapefruit
grapes (green
and red)
huckleberries
kumquat
litchi/lychee
mangoes
melons
nectarines
papaya

passion fruit
canned peaches
canned pears
green and yellow
plums
raisins (1/4 cup)

MEAT

bacon
beef
corned beef
fish (except
sardines)
ham
lamb
lean meats
pork
poultry
shellfish

STARCHES

barley
cereals (corn or rice)
Cheerios
chicken noodle soup
egg noodles
English muffin
graham crackers
macaroni
pasta (plain)
white rice
wild rice

VEGETABLES

cabbage
cauliflower
chives

cucumber
endive
kohlrabi
mushrooms
peas
radishes
water chestnut

CONDIMENTS

basil
cinnamon
corn syrup
Dijon mustard
dill
honey
imitation vanilla
extract
jelly made from low
oxalate fruits
ketchup (1 Tbsp)
maple syrup
nutmeg
oregano
peppermint
sage
sugar
vinegar
white pepper

MISCELLANEOUS

gelatin (unflavored)
hard candy
Jell-O
lemon balm
lemon juice
lime juice

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