

HG-Low Oxalate Combined Diet for Decreasing Fibro Symptoms

Many fibro patients find that following a low oxalate diet helps decrease symptoms and improve energy. Dr Clare Morrison, has had success personally and with patients who have followed this diet. There are numerous low oxalate food lists on the internet and most of them disagree as to which foods are low in oxalates. I've chosen to use the list that Dr Morrison uses personally and for her patients http://www.lowoxalate.info/food_lists/cat_lod_food_chart.pdf

Meat

Bacon
Beef
Eggs
Fish (except sardines)
Ham
Lamb
Pork
Poultry
Shellfish

Dairy

Butter
Buttermilk (liberal only)
Cheese

- Cheddar cheese
- Parmesan
- Swiss

Cream
Ghee (clarified butter)
Milk (1%, 2%, lactose and hydrolyzed, Soybean)
Margarine
Yogurt

Fruit

Strict only
Avocado (1/2 limit)
Lemon and lime juice (limit 2 teaspoons per day)
Strawberries-fresh (limit of 6 per day)

Liberal only

Apples

- Golden delicious
- Granny Smith
- Jonathon
- Red delicious

Apricots

Avocado (1/2 limit)

Grapefruit

Lemon and lime juice

Melons

- Cantaloup (limit 1 wedge)
- Casaba (limit 1 wedge)
- Honeydew (limit 1 wedge)

Nectarine

Oranges

Papaya

Peaches

Pears-peeled

Vegetables

Artichokes (liberal only)

Asparagus

Bok Choy

Broccoli-boiled

brussels sprouts-boiled

cabbage-boiled (common or chinese-Strict 1 cup per day limit)

Cauliflower-raw or steamed

Chicory

Cucumbers

Endive

Green beans

Leek

Lettuce

Mushrooms

onions (Liberal only)

Peas-boiled (Liberal diet only)

Peppers-red

Pickles

Pumpkin-canned

Radishes

rutabagas (Liberal only)

water chestnuts

Watercress
Zucchini

Nuts/Seeds

Coconut-shredded
Flax seeds

Bread

Sugar free rye bread
Sugar free white baguette

Oils

All vegetable oils

Condiments

Apple cider vinegar
Dijon mustard
Jelly-sugar free (made from low oxalate fruits)
Ketchup-sugar free (1 Tbsp.)
Mayonnaise-sugar free
Maple syrup-sugar free
Salad dressing-sugar free
Vinegar-all kinds

Spices

Basil
Chives
Cilantro
Cinnamon
Dill
Ginger
Mustard (powder)
Nutmeg
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme
Vanilla extract-imitation
White pepper

Beverages

Coffee (decaf only), Soda, caffeine free-sugar free
Alcohol-Beer, wine (1 per day)

Dessert

Sugar free jello
Sugar free pudding without chocolate (liberal diet only)

Alcoholic beverages

Scotch whiskey
Vodka

Beverages

Club soda
Coffee including instant
Decaffeinated coffee-oxalate value varies

Baking ingredients

Aspartame
Baking powder
Baking soda
Cream of tartar
Gelatin (unflavored)
Saccharine
Vanilla or vanillin
Vinegar

Tips for assisting the low oxalate diet

- Limit your oxalate to 40 to 50 mg each day.
- Drinking 8 to 13 cups of fluid each day can help flush the oxalates out.
- Take less than 2,000 mg of vitamin C per day. Our body can turn it into oxalate.
- Limit sugar and salt.
- Get enough calcium, which binds to oxalate during digestion.
- Cooking some vegetables can lower their oxalate content

Sources:

http://www.fibromyalgiatreatment.com/uploads/2/6/5/7/26574962/diets_for_hypoglycemia.pdf

<https://www.webmd.com/diet/foods-high-in-oxalates#2>

