

## Foods & Beverages High in Oxalates

<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Apricots, figs, rhubarb, kiwi fruit</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Artichoke, green &amp; wax beans, beets, raw red cabbage, celery, chives, eggplant, endive, leeks, okra, green peppers, rutabagas, summer squash, parsley, and vegetable soup, white corn</li> <li>• Greens: Swiss chard, beet greens, mustard greens, Dandelion greens, spinach, kale, collards, escarole</li> <li>• Potatoes, potato chips, French fries, sweet potatoes</li> <li>• Tomato paste, canned</li> <li>• Beans: baked, black, white, great northern, navy, pink</li> </ul>
<b>Nuts</b>	<ul style="list-style-type: none"> <li>• Almonds, cashews, peanuts, peanut butter, pecans, sesame seeds, nut butters made from any of these, tahini</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Chocolate /chocolate containing beverages (cocoa, Ovaltine<sup>®</sup>, chocolate &amp; soy milk, etc.)</li> <li>• Soy milk</li> <li>• Tea, instant coffee, colas, carob ice cream</li> </ul>
<b>Starches</b>	<ul style="list-style-type: none"> <li>• Grits, barley, cornmeal, buckwheat, lentil, &amp; potato soup</li> <li>• Whole wheat products: breads, pastas, tortillas, wheat germ, wheat bran &amp; bran cereal, cream of wheat, shredded wheat</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Tofu, soy products, miso, black olives, chocolate &amp; chocolate ice cream, pepper (&gt; 1 tsp per day), poppy seed, turmeric, parsley</li> </ul>
<b>Alcohol</b>	<ul style="list-style-type: none"> <li>• Dark beer</li> </ul>

## Other Tips

- Eat plenty of calcium-rich foods. Calcium binds to oxalate so that it isn't absorbed into your blood and cannot reach your kidneys. Dairy is free of oxalate and high in calcium, so it is an ideal choice. Choose skim, low fat, or full fat versions depending on your weight goals. If you are lactose intolerant, look for lactose-free dairy such as Lactaid brand, or eat yogurt or kefir instead.
- Oxalate is only found in plant foods, so meat and fish are ok to eat.
- Oxalate is an end product of vitamin C, so avoid taking a vitamin C supplement. If you need a multivitamin supplement, look for one with less vitamin C.
- Stay hydrated!