

Foods & Beverages High in Oxalates

Fruits	<ul style="list-style-type: none"> raspberries, oranges, grapefruit, canned or dried pineapple, dried figs or prunes, dates, kiwi
Vegetables	<ul style="list-style-type: none"> Spinach, carrots, rhubarb, green & wax beans, beets, rutabaga, turnips, parsnips, eggplant, leeks, okra, rutabaga, summer squash, parsley, edamame Greens: Swiss chard, beet greens, mustard greens, Dandelion greens, spinach, collards, escarole Potatoes, potato chips, French fries, sweet potatoes, yams Tomato sauce or paste, canned Beans: baked, refried, black, white, great northern, navy, pink, chickpeas, fava, kidney
Nuts & Seeds	<ul style="list-style-type: none"> Almonds, cashews, peanuts, peanut butter, pecans, nut butters made from any of these; sesame seeds, tahini
Beverages	<ul style="list-style-type: none"> Chocolate /chocolate containing beverages (hot cocoa, Ovaltine®, chocolate milk, etc.) Soy milk Tea, instant coffee, colas, carob ice cream
Starches	<ul style="list-style-type: none"> Grits, barley, bulgur, cornmeal, buckwheat Whole wheat bread, pastas, or tortillas Bran, wheat germ, wheat bran & bran cereal, cream of wheat, shredded wheat Soups made from vegetables listed above
Other	<ul style="list-style-type: none"> Tofu, miso and other soy products Black olives Chocolate & chocolate ice cream, Pepper (> 1 tsp per day), poppy seed, turmeric, parsley
Alcohol	<ul style="list-style-type: none"> Dark beer

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 fresh meat and fish are ok to eat. Processed meat, such as lunch/deli meat, ham, hot dogs, bacon and sausage may contain oxalates.
- 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!
- Follow any other instruction provided by your Registered Dietitian or physician. You may also need to limit the sodium (salt) in your diet.