

Low Oxalate Diet

Restricted to 40-50 mg daily



	Little or No Oxalate <3 mg/serving Eat as desired	Moderate Oxalate Content 2-10 mg/serving Limit: 2 (1/2 cup) servings day	High Oxalate >10 mg/serving AVOID completely
BEVERAGES	<ul style="list-style-type: none"> Apple or pineapple juice Bottled beer Colas (12oz limit/day) Distilled alcohol Orange juice (4oz) Lemonade or limeade Wine, red, white Milk, yogurt Coffee 	<ul style="list-style-type: none"> Cranberry juice (4oz) Grape juice (4 oz) Nescafe powder 	<ul style="list-style-type: none"> Draft beer Juices containing berries Ovaltine and other beverage mixes Cocoa Tomato juice (4 oz) Instant Coffee
MEATS	<ul style="list-style-type: none"> Eggs Cheese, cheddar Lean lamb, beef or pork Poultry, seafood 	<ul style="list-style-type: none"> Sardines 	<ul style="list-style-type: none"> Peanut butter Soybean curd (tofu)
FRUITS AND VEGETABLES	<ul style="list-style-type: none"> Asparagus Avocado Brussels Sprouts Cauliflower Cabbage Mushrooms Onions Potatoes Radishes Sweet corn Bananas Cherries, Bing Grapes, white Mangos Melons Nectarines Pears Pineapples Plums, green/golden 	<ul style="list-style-type: none"> Broccoli Cucumber Green peas Lettuce Lima Beans Tomato, 1 small Turnips Eggplant Apples Apricots Black currants Cherries, red sour Fruit cocktail Oranges Peaches Plums, red Prunes Squash Vegetables Soup 	<ul style="list-style-type: none"> Beans beets Carrots Celery Swiss Chard Chives Collards Dandelion greens Endive Escarole French Fries Kale Leeks Okra Berries Corn GRapes Red currants Parsnips Sweet Potatoes Tangerines
BREADS, PASTAS, CEREAL	<ul style="list-style-type: none"> Macaroni Noodles Oatmeal Rice Spaghetti White Bread 	<ul style="list-style-type: none"> Cornflakes Sponge Cake Spaghetti, canned in tomato sauce Brand cereal 	<ul style="list-style-type: none"> Grits, white conr Soybean crackers Wheat Germ
MISCELLANEOUS	<ul style="list-style-type: none"> Mayonnaise Salad Dressing Vegetable Oils Jelly or preserves (made w/ allowed fruits) Soups (made w/ allowed ingredients) Sugar 	<ul style="list-style-type: none"> Chicken Noodle Soup, dehydrated Fruitcake 	<ul style="list-style-type: none"> Nuts Pretzels Chocolate Pepper (>1tsp/day)