

Low Oxalate Diet

WHAT YOU NEED TO KNOW

Oxalate is a substance found in numerous food & plant products. Diets low in oxalate can help to clear kidney stones or prevent them from forming. Persons who have had kidney stones may have a higher risk of kidney stones in the future, leading to a higher risk of having chronic kidney disease (CKD).

Critical Points to Note:

- Oxalate is excreted in the urine
- Eat a variety of foods and avoid food items high in Oxalate. See list below
- Since Oxalate is found in plant products, these items need to be limited or, in some cases, avoided
- Limit seeds and nuts, as these food items are particularly high in Oxalate

FOOD CHOICES: WHAT I CAN AND CANNOT EAT

<u>Serving Size</u>	<u>Foods to limit and/or avoid</u>	<u>Acceptable Food Choices</u>
Breads, Cereals, Rice, and Pasta		
<ul style="list-style-type: none"> • 6-11 servings each day • Serving size= 1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta 	<ul style="list-style-type: none"> • Bran/bran products • Granola • Grits • White corn flour/ buckwheat flour • Potato chips 	<ul style="list-style-type: none"> • Bread (not whole grain or bran) • White rice, noodles, pasta • Cake (angel food) • Cookies (without chocolate or nuts)
Fruits:		
<ul style="list-style-type: none"> • 2-4 servings each day • Serving size= 1 medium-size piece of fresh fruit • 1/2 cup canned fruit, 3/4 cup fruit juice 	<ul style="list-style-type: none"> • Dried fruits (i.e. apricots, cherries, cranberries) • Avocado • Raspberries • Limit Berries (blackberries, blueberries, strawberries, etc.) 	<ul style="list-style-type: none"> • Apples, apple juice, applesauce • Apricots • Peaches, bananas
Milk and Dairy Products:		
<ul style="list-style-type: none"> • 2 servings each day • Serving size= 1/2 cup cottage cheese or 1 ounce cheese 	<ul style="list-style-type: none"> • No real limit - portion sized recommendations listed to the left 	<ul style="list-style-type: none"> • Cheddar or Swiss Cheese • Low fat Cottage Cheese • 2% Milk • Yogurts (watch those with berries)

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Serving Size	Foods to limit and/or avoid	Acceptable Food Choices
Vegetables		
<ul style="list-style-type: none"> 3 servings each day Serving size= 1 cup raw, 1/2 cup cooked or chopped 	<ul style="list-style-type: none"> Baked beans Brussel sprouts Carrots Greens (except kale & lettuce) Parsnips Spinach Squash (acorn, hubbard, butternut) 	<ul style="list-style-type: none"> Alfalfa Sprouts Asparagus Beans (green or yellow) Broccoli Cooked carrots Cauliflower Eggplant Kale Lettuce Mixed vegetables Mushrooms Onions Peas Peppers Green & yellow zucchini
Meats, Poultry, Fish, Dried Beans, Peas, Eggs, and Cheese		
<ul style="list-style-type: none"> Total of 6 ounces daily Serving size= 2-3 ounces cooked (1 egg, 1/2 cup cooked beans, 2 Tbsp. unsalted peanut butter, 1 ounce of cheese or meat). 	<ul style="list-style-type: none"> All nuts & seeds Peanut Butter, Nutella spread Tofu Veggie burgers Chocolate 	<ul style="list-style-type: none"> Chicken Turkey Eggs Shrimp Fish
Beverages		
<ul style="list-style-type: none"> Total of 6-12 glasses of water daily 	<ul style="list-style-type: none"> Hot chocolate Beer 	<ul style="list-style-type: none"> Water Juices (apple, orange, grapefruit)

References

- www.lowoxalte.info.com, Low Oxalate Diet: Home. Accessed on August 31, 2017
- www.drugs.com/cg/low-oxalate-diet.com, Accessed on August 15, 2017

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