

## LOW OXALATE DIET

### Foods of High Oxalate Acid Content

To be avoided -

Beets	Beet tops	Black tea	Chenopodium	Chocolate	Cocoa
Dried figs	Ground pepper	Lambs quarters	Lime peel	Nuts	Parsley
Poppy seeds	Purslane	Rhubarb	Sorrel	Spinach	Swiss chard

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### Foods of Moderate Oxalate Acid Content

To be eaten sparingly -

Beans (green and wax)	Blackberries	Blueberries
Carrots	Celery	Coffee (roasted)
Concord grapes	Currants (red)	Dandelion greens
Endive	Gooseberries	Lemon peel
Okra	Onions (green)	Oranges
Orange peel	Peppers (green)	Raspberries (black)
Strawberries	Sweet potatoes	

## Low-Calcium Diet: Calcium Stones

(approximately 400 mg calcium)

	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
Beverage	Carbonated beverage, coffee, tea	Chocolate-flavored milk, milk drinks
Bread	White and light rye bread or crackers	
Cereals	Refined cereals	Oatmeal, whole-grain cereals
Desserts	Cake, cookies, gelatin desserts, pastries, pudding, sherbets, all made without chocolate; milk or nuts. If egg yolk is used, it must be from one egg allowance.	
Fat	Butter, cream, 2 tbsp daily; French dressing, margarine, salad oil, shortening	Cream (except in amount allowed), mayonnaise
Fruits	Canned, cooked, or fresh fruits juice except rhubarb	Dried fruit, rhubarb
Meats, eggs	8 oz. daily of any meat, fowl or fish except clams, oysters or shrimp; not more than one egg daily including those used in cooking.	Clams, oysters, shrimp, cheese
Potato or substitute	Potato, hominy, macaroni, noodles, refined rice, spaghetti	Whole-grain rice
Soup	Broth, vegetable soup made from vegetables allowed	Bean or pea soup, cream or milk soup

**Foods Allowed****Foods Not Allowed**

Sweets                      Honey, jam, jelly, sugar

Vegetables                Any canned, cooked, or fresh  
vegetables or juice except  
those listed as not allowed

Dried beans, broccoli,  
green cabbage, celery,  
chard, collards, endive,  
greens, lettuce, lentils,  
okra, parsley, parsnips,  
dried peas, rutabagas

Misc.                        Herbs, pickles, popcorn,  
relishes, salt, spices,  
vinegar

Chocolate, cocoa, milk  
gravy, nuts, olives,  
white sauce

Note: Depending on calcium content of local water supply, in instances of high calcium content distilled water may be indicated.

For more information the following website has more information on low oxalate diets and offers a Low Oxalate Cookbook.

[www.branwen.com/rowan/oxalate.htm](http://www.branwen.com/rowan/oxalate.htm)

Cookbook is \$27 with \$3 for handling VP Foundation PO Drawer 17, Graham, NC 27253