

Background:

Oxalates are chemicals commonly found in plant-based foods that can form strong bonds with minerals in the body. High levels of oxalates in the body most commonly lead to the formation of kidney stones, small pebbles of crystalized minerals that develop on the walls of the kidney. These stones are usually passed through the urinary system; however large stones can occasionally block the urinary track and need to be removed surgically.

Purpose:

The purpose of the low oxalate diet is to limit the amount of oxalates the body takes in daily to reduce the likelihood of oxalate stones forming. Low oxalate diets are usually recommended for individuals that have a history of kidney stones or increased levels of oxalic acid in their urine.

A low oxalate diet usually calls for less than 50mg of oxalate per day. Recommendations may vary based on the individual and underlying conditions. Please check with your provider to determine the appropriate level of oxalate restriction for you. The serving size and food combinations of oxalate-containing foods are both important considerations in staying within daily limits.

What foods and food products ARE HIGH in oxalates?

- Dark beer
- Black tea
- Chocolate milk
- Cocoa
- Instant Coffee
- Soy cheese
- Soy milk
- Soy yogurt
- Nuts
- Nut butters
- Sesame seeds
- Tahini
- Buckwheat
- Cereal
- Grits
- Pretzels
- Wheat bran, germ
- Whole wheat bread, flour
- Blackberries
- Blueberries
- Raspberries
- Gooseberries
- Elderberries
- Dewberries
- Strawberries
- Concord Grapes
- Figs
- Kiwis
- Lemon peel
- Lime peel
- Orange peel
- Rhubarb
- Tangerines
- Beans (baked, green dried, kidney)
- Beets
- Carrots
- Celery
- Chicory
- Collards
- Eggplant
- Kale
- Leeks
- Okra
- Olives
- Parsley
- Peppers
- Potatoes (including sweet)
- Spinach
- Zucchini
- Carrot juice
- Tomato juice
- Orange juice
- Grape juice
- Cranberry juice
- Yogurt
- Sunflower seeds
- Apples
- Apricots
- Coconut
- Cranberries
- Oranges, Mandarin oranges
- Peaches
- Pears
- Pineapples
- Liver
- Sardines
- Bagels
- Brown rice
- Corn tortillas
- Oatmeal
- Artichoke
- Asparagus
- Broccoli
- Brussels sprouts
- Corn
- Lettuce
- Onions
- Ginger
- Malt

What foods and food products ARE LOW in oxalates?

- Apple cider, juice
- Apricot nectar
- Bottled beer
- Buttermilk
- Cherry juice
- Cola
- Grapefruit juice
- Green and herbal teas
- Lemonade, lemon juice
- Limeade, lime juice
- Milk
- Wine
- Cheese
- Butter
- Margarine
- Mayonnaise
- Salad dressing
- Avocado
- Bananas
- Cherries
- Grapefruit
- Grapes
- Huckleberries
- Kumquat
- Lychee
- Mangoes
- Melons
- Nectarines
- Papaya passion fruit
- Plums
- Raisins
- Bacon
- Beef
- Corned beef
- Fish (except sardines)
- Ham
- Lamb
- Lean meats
- Pork
- Poultry
- Shellfish
- Barely
- Cereals
- Egg noodles
- Pasta
- Graham crackers
- White, wild rice
- Cabbage
- Cauliflower
- Chives
- Cucumber
- Mushrooms
- Peas
- Radishes
- Basil
- Cinnamon
- Dill
- Honey
- Ketchup
- Maple syrup
- Nutmeg
- Oregano
- Peppermint
- Sage
- Sugar
- Vinegar

If you believe you may benefit from a diet low in oxalates, you need to discuss dietary changes with your physician. Your healthcare provider is the best source of information for questions and concerns related to your health. To find a physician near you, please see our [locations page](#).

To schedule an appointment with our registered dietitian to learn more and help build a low oxalate diet personalized to you call **602-422-9800** or visit www.arizonadigestivehealth.com/help-desk-forms/request-an-appointment.