



KIDNEY STONES

Oxalate Diet Guidelines:

High Oxalate - Avoid	Moderately High - Use Cautiously	Low in oxalate - Eat as desired
(>10 mg / serving):	(2–10 mg / serving)	(0–2 mg / serving)
Beans in tomato sauce	Apple	Apple juice
Beer	Apricots	Avocado
Beets	Asparagus	Bacon
Blackberries	Bottled beer (12 oz limit/day)	Ananas
Black and red raspberries	Broccoli	Beef (lean)
Blueberries	Carrots	Bing cherries
Celery	Chicken noodle soup (dried)	Brussels sprouts
Chard	Coffee (8 oz)	Cabbage
Chocolate	Cola beverage (12 oz limit per day)	Cauliflower
Cocoa	Corn	Cheese
Coffee powder Collards	Cornbread	Eggs
Concord grapes	Cucumber	Grapefruit
Crackers from soy	Lettuce	Green grapes
Currants	Lima beans	Jellies
Dandelion greens	Marmalade	Lamb (lean)
Eggplant	Oranges	Lemonade or limeaid (without peel)
Escarole	Orange juice (4 oz)	Melons
Fruit cake	Parsnips	Milk
Fruit salad (canned) Green pepper	Peaches	Mushrooms
Grits (white corn)	Pears	Pork (lean)

Berry Juices	Peas (canned)	Poultry
Kale	Pepper (greater than 1 tsp per day)	Preserves
Leeks	Pineapple	Nectarines
Lemon and lime peel	Plums	Noodles
Nuts (especially peanuts, pecans)	Prunes	Oatmeal
Okra	Sardines	Oils
Ovaltine	Soy products (most)	Onions
Parsley	Sponge cake	Peas (fresh)
Rhubarb	Tomatoes	Plums
Rutabagas	Tomato juice (4 oz)	Radishes
Spinach	Turnip	Rice
Strawberries	Watercress	Salad dressing
Summer squash		Seafood
Sweet potatoes		Spaghetti noodles
Tea		White bread
Tofu		Wine
Tomato soup		Yogurt
Wheat germ		