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Low Oxalate Diet

Low Oxalate Diet May Help Prevent Kidney Stones

Kidney stones are a common disorder of the urinary tract.

Kidney stones are pieces of stone-like material that form on the walls of the kidney. They are caused by a buildup of minerals in urine.

Most stones are so small that they pass through the urinary system without pain. However, a large enough stone can cause extreme pain or urinary blockage. This is very painful, and requires treatment or surgery.

In the United States, about 1 million people get kidney stones every year. Stones usually affect people between the ages of 20 and 40. They affect men more often than women. You may also be at risk if you have a family history of kidney stones.

Some people have kidney stones made from calcium oxalate (OX-uh-layt). For these people cutting back on high-oxalate foods and salt may help prevent kidney stones.

On a low oxalate diet, you should limit your oxalate to 40 to 50 mg each day.

Oxalate is found in many foods.

The following charts will help you avoid foods high in oxalate. They will help you eat foods low in oxalate. This may help prevent kidney stones.

Be sure to drink plenty of fluids. People likely to get kidney stones should drink 8 to 13 cups of fluid each day.

Your body may turn extra vitamin C into oxalate. Avoid high doses of vitamin C supplements (more than 2,000 mg of vitamin C per day)

In the following charts, food and drink serving sizes are 3.5 ounces (100 grams), unless otherwise noted.

Avoid these High-oxolate Foods and Drinks

High-oxolate foods have more than 10 mg of oxalate per serving

<p>Drinks</p> <ul style="list-style-type: none"> ▪ Dark or "robust" beer ▪ Black tea ▪ Chocolate milk ▪ Cocoa ▪ Instant coffee ▪ Hot chocolate ▪ Juice made from high oxalate fruits (see below for high oxalate fruits) ▪ Ovaltine ▪ Soy drinks 	<p>Dairy</p> <ul style="list-style-type: none"> ▪ Chocolate milk ▪ Soy cheese ▪ Soy milk ▪ Soy yogurt
<p>Fats, Nuts, Seeds</p> <ul style="list-style-type: none"> ▪ Nuts ▪ Nut butters ▪ Sesame seeds ▪ Tahini ▪ Soy nuts 	<p>Meat</p> <ul style="list-style-type: none"> ▪ None
<p>Starch</p> <ul style="list-style-type: none"> ▪ Amaranth ▪ Buckwheat ▪ Cereal (bran or high fiber) ▪ Crisp bread (rye or wheat) 	<p>Fruit</p> <ul style="list-style-type: none"> ▪ Blackberries ▪ Blueberries ▪ Carambola ▪ Concord grapes

- Crisp bread (rye or wheat)
- Fruit cake
- Grits
- Pretzels
- Taro
- Wheat bran
- Wheat germ
- Whole wheat bread
- Whole wheat flour
- Concord grapes
- Currents
- Dewberries
- Elderberries
- Figs
- Fruit cocktail
- Gooseberry
- Kiwis
- Lemon peel
- Lime peel
- Orange peel
- Raspberries
- Rhubarb
- Canned strawberries
- Tamarillo
- Tangerines

Vegetables

- Beans (baked, green, dried, kidney)
- Beets
- Beet greens
- Beet root
- Carrots
- Celery
- Chicory
- Collards
- Dandelion greens
- Eggplant
- Escarole
- Kale

Vegetables continued

- Leeks
- Okra
- Olives
- Parsley
- Peppers (chili and green)
- Pokeweed
- Potatoes (baked, boiled, fried)
- Rutabaga
- Spinach
- Summer squash
- Sweet potato
- Swiss chard
- Zucchini

Condiments

- Black pepper (more than 1 tsp.)
- Marmalade
- Soy sauce

Miscellaneous

- Chocolate
- Parsley

Limit these Moderate-oxalate Foods and Drinks

You should have **no more than two or three servings** of these foods per day. Moderate-oxalate foods have 2 to 10 mg of oxalate per serving

Drinks

- Draft beer
- Carrot juice
- Brewed coffee
- Cranberry juice
- Grape juice
- Guinness draft beer
- Matetea tea
- Orange juice
- Rosehip tea
- Tomato juice
- Twining's black currant tea

Dairy

- Yogurt

Fats, nuts, seeds

- Flaxseed
- Sunflower seeds

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- Apples
 - Applesauce
 - Apricots

- Fruit**
- Coconut
 - Cranberries
 - Mandarin orange
 - Orange
 - Fresh peaches
 - Fresh pear
 - Pineapples
 - Purple and Damson plums
 - Prunes
 - Fresh strawberries

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- Meat**
- Liver
 - Sardines

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- Starch**
- Bagels
 - Brown rice
 - Cornmeal
 - Corn starch
 - Corn tortilla
 - Fig cookie
 - Oatmeal
 - Ravioli (no sauce)
 - Spaghetti in red sauce
 - Sponge cake
 - Cinnamon Pop tart
 - White bread

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- Vegetables**
- Artichoke
 - Asparagus
 - Broccoli
 - Brussel sprouts
 - Carrots (canned)
 - Corn
 - Fennel
 - Lettuce
 - lima beans
 - Mustard greens
 - Onions
 - Parsnip
 - Canned peas
 - Tomato
 - Tomato soup
 - Turnips
 - Vegetable soup
 - Watercress

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- Miscellaneous**
- Ginger
 - Malt
 - Potato chips (less than 3,5 oz.)
 - Strawberry jam/preserves
 - Thyme

Enjoy these Low-oxalate Foods and Drinks

Eat as much of these low-oxalate foods as you like. Low-oxalate foods have less than 2 mg of oxalate per serving.

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- Apple cider
 - Apple juice
 - Apricot nectar
 - Bottled beer
 - Buttermilk
 - Cherry juice
 - Cola
 - Grapefruit juice
 - Green tea

Drinks

- Herbal teas (see below)
- Lemonade
- Lemon juice
- Limeade
- Lime juice
- Milk
- Oolong tea
- Pineapple juice
- Wine

Herbal Teas

- Celestial Seasonings (Sleepytime, Peppermint, Wild Forest Blackberry, Mandarin Orange Spice, Cinnamon, Apple Spice)
- R.C. Bigelow (Cranberry Apple, Red Raspberry, I Love Lemon, Orange and Spic, Mint Medley, Sweet Dreams)
- Thomas J. Lipton (Gentle Orange, Lemon Soothe, Chamomile flowers, Stinging Nettle)

Dairy

- Cheese
- Buttermilk
- Milk

Fats, nuts, seeds

- Butter
- Margarine
- Mayonnaise
- Salad dressing
- Vegetable oil

Fruit

- Avocados
- Bananas
- Cherries (bing and sour)
- Grapefruit
- Grapes (green and red)
- Huckleberries
- Kumquat
- Litchi/Lychee
- Mangoes
- Melons
- Nectarines
- Papaya
- Passion fruit
- Canned peaches
- Canned pears
- Green and yellow plums
- Raisins (1/4 cup)

Meat

- Bacon
- Beef
- Corned beef
- Fish (except sardines)
- Ham
- Lamb
- Lean meats
- Pork
- Poultry
- Shellfish

Starches

- Barley
- Cereals (corn or rice)
- Cheerios
- Chicken noodle soup
- Egg noodles
- English muffin
- Graham crackers
- Macaroni

- Pasta (plain)
- White rice
- Wild rice

Vegetables

- Cabbage
- Cauliflower
- Chives
- Cucumber
- Endive
- Kohlrabi
- Mushrooms
- Peas
- Radishes
- Water chestnut

Condiments

- Basil
- Cinnamon
- Corn syrup
- Dijon mustard
- Dill
- Honey
- Imitation vanilla extract
- Jelly made from low oxalate fruits
- Ketchup (1 Tbsp.)
- Maple syrup
- Nutmeg
- Oregano
- Peppermint
- Sage
- Sugar
- Vinegar
- White pepper

Miscellaneous

- Gelatin (unflavored)
 - Hard candy
 - Jell-O
 - Lemon balm
 - Lemon juice
 - Lime juice
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For more help and information, visit the UPMC Nutrition Services [contact us](#) page.

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