

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

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

### 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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