

Western Kentucky Kidney Specialists, dba

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. 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 servings sizes are 3.5 ounces (100 grams), unless otherwise noted.

Avoid these High-oxalated Foods and Drinks

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

Drinks

Dark or "robust" beer
Black tea
Cocoa
Instant Coffee
Hot chocolate
Juice made from high oxalate
fruits (see below for high
oxalate fruits)
Ovaltine
Soy drinks

Fats, Nuts, Seeds

Nuts
Nut butters
Sesame seeds
Tahini
Soy nuts

Starch

Amaranth
Buckwheat
Cereal (bran or high fiber)
Crisp bread (rye or wheat)
Fruit cake
Grits
Pretzels
Taro
Wheat bran
Wheat germ
Whole wheat bread
Whole wheat flour

Vegetables

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

Dairy

Chocolate Milk
Soy cheese
Soy milk
Soy yogurt

Meat

None

Fruit

Blackberries
Blueberries
Carambola
Concord grapes
Currants
Dewberries
Elderberries
Figs
Fruit cocktail
Gooseberry
Kiwis
Lemon peel
Lime peel
Orange peel
Raspberries
Rhubarb
Canned strawberries
Tamarillo
Tangerines

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

Condiments

Black pepper (more than 1 tsp)
Marmalade
Soy sauce

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
Brewed coffee
Grape juice
Matetea tea
Rosehip tea
Twining's black currant tea

Dairy

Yogurt

Fruit

Apples
Applesauce
Coconut
Cranberries
Mandarin orange
Orange
Fresh peaches
Fresh pear
Pineapples
Purple and Damson plums
Prunes
Fresh strawberries

Miscellaneous

Ginger
Malt
Potato chips (less than 3.5 oz)
Strawberry jam/preserves
Thyme

Starch

Bagels
Cornmeal
Corn tortilla
Oatmeal
Spaghetti in red sauce

Miscellaneous

Chocolate
Parsley

Carrot juice
Cranberry juice
Guinness draft beer
Orange juice
Tomato juice

Fats, Nuts, Seeds

Flaxseed
Sunflower seeds

Vegetables

Artichoke
Asparagus
Broccoli
Brussel sprouts
Carrots (canned)
Corn
Fennel
Lima beans
Mustard greens
Onions
Parsnip
Canned peas
Tomato
Tomato soup
Turnips
Vegetable soup
Watercress

Meat

Liver
Sardines

Brown rice
Corn starch
Fig cookie
Ravioli (no sauce)
Sponge cake

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.

Drinks

Apple cider
Apple juice
Apricot nectar
Bottled beer
Buttermilk
Cherry juice
Cola
Grapefruit juice
Green tea
Lemonade
Lemon juice
Limeade
Lime juice
Milk
Oolong tea
Pineapple juice
Wine

Dairy

Cheese
Buttermilk
Milk

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

Herbal Teas

Celestial Seasonings
(sleepy time, peppermint, wild forest black berry, 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)

Fats, Nuts, Seeds

Butter
Margarine
Mayonnaise
Salad dressing
Vegetable oil

Vegetables

Cabbage
Cauliflower
Chives
Cucumber
Endive
Kohlrabi
Mushrooms
Peas
Radishes
Water chestnut

Starches

Barley
Cereals (corn or rice)
Cheerios
Chicken noodle soup
Egg noodles

Lamb
Lean meats
Pork
Poultry
Shellfish

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

English muffin
Graham cracker
Macaroni
Pasta (plain)
White, Wild rice

Miscellaneous

Gelatin (unflavored)
Hard candy
Jell-O
Lemon balm
Lemon juice
Lime juice