



Low Oxalate Diet

University of
Pittsburgh
Medical Center
Information
for Patients

Kidney stones are caused by a buildup of minerals in the urine. Calcium, oxalate (OX-uh-layt), and uric acid may lead to kidney stones in some people. A low-oxalate diet is for people who have calcium oxalate kidney stones. Cutting back on high-oxalate foods and salt (sodium) and drinking plenty of water may help prevent kidney stones from forming.

Here are some important points to remember:

- Oxalates are found in a wide variety of foods.
- Foods that come from animals usually have little or no oxalate.
- Drink plenty of fluids. Drink more than 8 cups of fluid every day. Your urine should be as clear as water. If it isn't, drink more fluids.
- To help prevent oxalate stones from forming, limit oxalates to **40 to 50 mg per day**. Use the chart below as a guide.
- **Low-oxalate foods** have less than 2 mg of oxalate per serving. You can eat as much of these foods as you like.
- **Moderate-oxalate foods** have 2 to 6 mg of oxalate per serving. You should eat no more than three of these foods per day.
- **High-oxalate foods** have more than 7 mg of oxalate per serving. Avoid these foods.

Drinks

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - apple juice - beer, bottled or canned - cider - distilled alcohol - ginger ale - grapefruit juice - lemon juice - lemonade/limeade (made without peel) - lime juice - milk (skim, 2%, whole) - orange soda - pineapple - root beer - tea, instant - water - wine 	<ul style="list-style-type: none"> - coffee (limit to 8 oz/day) - cola (limit to 12 oz/day) - cranberry juice - grape juice - orange juice - orangeade 	<ul style="list-style-type: none"> - any juice made from high-oxalate fruits - beer, draft - chocolate, plain* - chocolate milk - cocoa* - coffee powder (instant)* - Ovaltine - tea, brewed*

* This food is extremely high in oxalates, 7 to 700 mg per serving.

Dairy

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - milk (skim, 2%, whole) - buttermilk - yogurt with allowed fruit - cheese <p>For calcium restrictions, limit above to one serving per day.</p>	<ul style="list-style-type: none"> - none 	<ul style="list-style-type: none"> - chocolate milk

Meat

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - beef, lamb, pork - eggs - fish/shellfish - poultry 	<ul style="list-style-type: none"> - beef kidney - liver 	<ul style="list-style-type: none"> - none

Meat Substitutes, Beans, Nuts, and Seeds

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - eggs - lentils - water chestnuts 	<ul style="list-style-type: none"> - garbanzo beans, canned - lima beans - split peas, cooked 	<ul style="list-style-type: none"> - almonds - baked beans canned in tomato sauce - cashews - green beans, waxed and dried - peanut butter* - peanuts* - pecans* - sesame seeds - sunflower seeds - tofu (soybean curd)* - walnuts

Fats and Oils

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - all 	<ul style="list-style-type: none"> - none 	<ul style="list-style-type: none"> - none

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Fruit

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - apples, peeled - avocado - bananas - cantaloupe - casaba - cherries, bing - coconut - cranberries, canned - grapes, green - honeydew - mangoes - nectarines - papaya - raisins - watermelon 	<ul style="list-style-type: none"> - apples with skin - apricots - black currants - cranberries, dried - grapefruit - oranges - peaches - pears - pineapple - plums - prunes 	<ul style="list-style-type: none"> - blackberries - black raspberries* - blueberries - red currants - dewberries - figs, dried - grapes, purple - gooseberries - kiwi - lemon peel* - lime peel* - orange peel - red raspberries - rhubarb* - strawberries - tangerines - any juice made from above fruits

Breads and Starches

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - bread - breakfast cereals - noodles, egg or macaroni - rice, white or wild 	<ul style="list-style-type: none"> - barley, cooked - corn bread - corn tortilla - cornmeal - cornstarch - flour, white or wheat - oatmeal - rice, brown - unsalted saltine or soda crackers - spaghetti in tomato sauce - sponge cake 	<ul style="list-style-type: none"> - Fig Newtons - fruit cake - graham crackers - grits, white corn - kamut - marmalade - soybean crackers* - wheat germ*

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Vegetables

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - acorn squash - alfalfa sprouts - cabbage - cauliflower - peas, frozen and fresh - peppers, red - radishes - turnips, roots - zucchini - squash 	<ul style="list-style-type: none"> - asparagus - artichokes - brussels sprouts - broccoli - carrots - corn - cucumbers, peeled - kohlrabi - lettuce - lima beans - mushrooms - onions - potatoes, white - peas, canned - snow peas - tomato, fresh - tomato sauce 	<ul style="list-style-type: none"> - beans (green, wax, dried) - beets (tops, roots, greens) - celery - chives - collards - dandelion - eggplant - escarole - kale - leeks* - mustard greens - okra* - parsley - parsnips - peppers, green - pokeweed* - rutabagas - sorrel - spinach* - summer squash - sweet potatoes* - Swiss chard* - tomato soup - vegetable soup - watercress - yams

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Condiments

Low Oxalate	Moderate Oxalate	High Oxalate
<ul style="list-style-type: none"> - any not listed 	<ul style="list-style-type: none"> - basil, fresh - malt, powder - pepper 	<ul style="list-style-type: none"> - cinnamon, ground - parsley, raw* - pepper, more than 1 tsp/day* - ginger - soy sauce

* This food is extremely high in oxalates, 7 to 700 mg per serving.

This information is not meant for use without a physician's or dietitian's recommendation. Call 1-800-533-UPMC (8762) for referral to a registered dietitian or if you have questions.