

CALCIUM OXALATE TYPE KIDNEY STONES ARE CAUSED BY EATING FOOD HIGH IN Oxalates!!

AVOID Foods High in Oxalates

VEGETABLES: Green Beans, Wax Beans, Dried Beans, Boiled/Raw Beans, Beans in Tomato Sauce, Beets (Roots, Tops, Greens), Celery, Chard, Chicory, Collards, Dandelion Greens, Eggplant, Escarole, Kale, Leeks, Okra, Parsley, Parsnips, Green Pepper, Sweet Peppers, Chili Peppers, Pokeweed, Rutabagas, Boiled/Fresh Spinach, Summer Squash, Sweet Potato, Watercress

FRUITS: Blackberries, Blueberries, Dew Berries, Green Goose Berries, Raspberries (red or black), Strawberries, Red Currants, Citrus Peel, Canned Fruit Cocktail, Concord Grapes, Plums, Canned/Stewed Rhubarb, Tangerine

BEVERAGES: Cocoa, Juices with Berries, Ovaltine and Other Mixes, Indian Tea, Beer - Draft, Stout, Guinness, Lager, Tuborg, Pilsner

NUTS/SEEDS: Cashews, Peanuts, Pecans, Sunflower Seeds

MISCELLANEOUS: Chocolate, Fig Newtons, Fruit Cake, Graham Crackers, White Corn Grits, Pepper (>1 tsp/day), Popcorn, Soybean Crackers, Wheat Germ, Whole Wheat Flower

* In addition to limiting your oxalate intake, you should be sure to consume at least 2 liters (8 cups or 64 oz) of liquid every day. This will help prevent further stone formation. Water is the preferred liquid for you to consume since coffee, tea, juices, chocolate-containing beverages, and cola all contain a fair amount of oxalates.

OK TO EAT Foods Low in Oxalates

VEGETABLES: Avocado, Boiled Broccoli, Boiled Brussels Sprouts, Boiled Cabbage, Raw Cucumber, Boiled Cauliflower, Chives, Green Peas (boiled/canned), Boiled White Potatoes, 1 Small Radish, Boiled Turnips, Canned Waterchestnuts

FRUITS: Bananas, Cherries, Red Seedless Grapes, Mangoes, Melons, Nectarines, Hawaiian Papaya, Canned Peaches, Canned Pears, Canned Pineapple, Plums, Watermelon

BEVERAGES: Apple Juice, Cider, Cola, Minute Maid Cranberry Juice, Grapefruit Juice, Lemonade, Milk, Orange Juice, Pineapple Juice, Wine

MISCELLANEOUS: Butter, Margarine, Cheddar Cheese, Chicken Noodle Soup, Cornflakes, Eggs, Fish (except sardines), Ham, Jelly/Jam with Allowed Fruits, Lean Meats (Beef, Lamb, Pork), Boiled Egg Noodles, Cooked Macaroni/Spaghetti, Oatmeal, Porridge, 1 Tbsp Mayonnaise, Poultry, Boiled Rice, Salad Dressings, Vegetable Oils, 1 Slice White Bread