

RESTRICTED OXALATE DIET

Because you have been found to have excess oxalate in the urine, and because oxalate may cause kidney stones, we recommend that you limit those foods which are high in oxalate.

	<u>LOW</u>	<u>MEDIUM</u>	<u>HIGH</u>
Beverages	Beer (bottled), carbonated soda (limit to 12oz/day), distilled alcohol, lemonade or limeade (without peel) wine (red, rose, white)	Coffee (limit to 8oz/day)	Draft beer, Ovaltine and other beverage mixes, tea, cocoa
Milk:	Buttermilk milk: whole, low-fat, skim), yogurt with allowed fruit		
Meats & canned Substitutes	Eggs, cheese, beef, pork, poultry, fish, shellfish	Sardines	Baked beans in tomato sauce, peanut butter, tofu
Vegetables	Avocado, brussel sprouts, cauliflower, cabbage, mushrooms, onions, peas (green-fresh or frozen), potatoes, white radishes	Asparagus, broccoli carrots, corn (sweet white & yellow) cucumber (peeled), green peas (canned) lettuce, lima lima beans, parsnips, tomato (1 small or juice 4oz), turnips	Beans (green, wax,dried), beets (tops, roots, greens, celery, chives, collards, dandelion greens, eggplant, escarole, kale, leeks, mustard greens, okra, parsley, peppers (green) potatoes (sweet), spinach, summer squash, rutabaga Swiss chard, watercress
Fruits/juices	Apple juice, avocado, banana, cherries (bing), grapefruit (fruit & juice), grapes (green), mangoes, melons, nectarines, peaches, pineapple juice, plums (green or yellow)	Apples, apricots, black currants, cherries, (red, sour), cranberry juice 4oz, peaches, pears, pineapple, plums (purple, prunes)	Blackberries, blueberries, currants (red), dew berries, fruit cocktail, grapes (purple), gooseberries, lemon peel, lime peel, orange peel, raspberries rhubarb, strawberries, tangerine, juices made from above fruit
Bread / Starches	Breakfast cereals, macaroni noodles, rice, spaghetti, bread	Cornbread, sponge cake, spaghetti-canned in tomato sauce	Fruit cake, grits-white, soybean crackers
Fats & Oils	Bacon, mayonnaise, salad dressing, vegetable oils, butter, margarine		Nuts (peanuts, almonds, pecans, cashews, walnuts, pistachios)
Miscellaneous	Coconut, jelly or preserves (made with allowed fruits), lemon lime, salt & pepper (limit to 1 tsp/day), soups with allowed ingredients, sugar	Chicken noodle soup-dehydrated	Chocolate, cocoa, vegetable soup, tomato soup, marmalade