

WOMEN'S CLINIC, LTD.

Low Oxalate Diet

Little or No Oxalate
< 2 mg/serving

Moderate Oxalate
2-10 mg/serving

High Oxalate
> 10 mg

Beverages

Lemonade
Limeade
Beer (Bottled)
Distilled Alcohol
Distilled Wine

Coffee
Carbonated Soda

Draft Beer
Ovaltine
Tea
Cocoa
Chocolate Milk
Some Herbal Teas

Vegetables/ Beans

Avocado
Brussel Sprouts
Cauliflower
Cabbage
Onions
Peas (Fresh/Frozen)
Potatoes
Radishes
Red Pepper

Asparagus
Broccoli
Carrots
Celery
Corn-Sweet White
Corn-Sweet Yellow
Cucumber
Lettuce
Canned Peas
Tomatoes
Turnips
Mushrooms

Green/Wax
Beets
Chives
Dried Beans
Eggplant
Leeks
Parsley
Green Pepper
Sweet Potatoes
Squash
Parsnips
Rhubarb
Spinach

Fruits/Juices

Apple Juice
Banana
Cherries (Bing)
Grapefruit
Green Grapes
Mangos
Melons
 Watermelon
 Cantelope
 Honeydew
Nectarines
Pineapple Juice

Apple
Apricots
Cherries (red, sour)
Cranberry Juice
Grape Juice
Orange Juice
Oranges
Peaches
Pears
Pineapple (Inc.
 canned)
Purple Plums

Blackberries
Blueberries
Cranberries
Cranberry Sauce
Fruit Cocktail
Kiwi
Purple Grapes
Raspberries
Strawberries
Tangerines

Plums (Green, Yellow) Prunes
Raisins

Low Oxalate Diet (continued)

Grains

Rye Bread	Corn Bread	Fruit Cake
Cereal	Sponge Cake	Grits
Crackers	Pasta Sauce	Soybean
Egg Noodles	White Bread	Wheat Bran
White Rice	Brown Rice	Wheat Germ
	Macaroni	Popcorn
		Whole Wheat Bread
		Soybean Crackers
		Figcakes

Dairy

Buttermilk
Whole, Low Fat, Skim Milk
Plain Yogurt
Low Fat Yogurt with Allowed Fruits

Meat

Beef, Lamb, Pork	Sardines	Peanut Butter
Cheese	Kidney	Tofu
Eggs	Liver	
Fish		
Poultry		
Ham		

Fats/Oils

Bacon	All Nuts
Butter	
Margarine	
Mayonnaise	
Salad Dressing	
Vegetable Oil	

Miscellaneous

Hard Candy	Chicken Noodle	Chocolate
Coconut	Soup (dehydrated)	Vegetable Soup
Jam, Jelly, Preserves	Marmalade	Tomato Soup
(made with Allowed	Pepper	
Fruits)	Strawberry Preserves	
Lemon/Lime Juice	Sponge Cake	
Soups with Allowed		
Ingredients		

Honey