

Prevent Kidney Stones: Low Oxalate Diet

Why does oxalate matter?

Oxalate is a substance made by your body. It is also found in some foods. Oxalate leaves the body in urine (pee). When there is too much oxalate in the urine, it can raise the risk of kidney stones. If your 24-hour urine test showed high oxalate levels, eating less oxalate may help lower your risk of getting stones.

How much oxalate should I aim for?

Most people who form oxalate kidney stones should aim for about 40 to 50 milligrams (mg) of oxalate per day. Some people may need a lower amount if their health care provider recommends it.

*Food and drink serving sizes are 3.5 ounces (100 grams) unless another size is listed.

High-oxalate foods and drinks (more than 10 mg in a serving)

Try to avoid these items as much as possible.			
Drinks	<ul style="list-style-type: none"> • Dark beer • Black tea • Chocolate milk • Soy drinks 	<ul style="list-style-type: none"> • Cocoa • Instant coffee • Hot chocolate 	<ul style="list-style-type: none"> • Juice from high-oxalate fruits • Ovaltine
Dairy	<ul style="list-style-type: none"> • Soy cheese 	<ul style="list-style-type: none"> • Soy yogurt 	
Fats, nuts, seeds	<ul style="list-style-type: none"> • Nuts and nut butters • Sesame seeds 	<ul style="list-style-type: none"> • Tahini • Soy nuts 	
Starch	<ul style="list-style-type: none"> • Amaranth • Buckwheat • Bran or high fiber cereal • Taro 	<ul style="list-style-type: none"> • Crispbread (rye or wheat) • Fruit cake • Grits • Wheat bran 	<ul style="list-style-type: none"> • Wheat germ • Whole wheat bread • Whole wheat flour
Fruits	<ul style="list-style-type: none"> • Blackberries • Blueberries • Carambola • Concord grapes • Canned strawberries • Tamarillo 	<ul style="list-style-type: none"> • Currants • Dewberries • Elderberries • Figs • Raspberries • Rhubarb • Tangerines 	<ul style="list-style-type: none"> • Fruit cocktail • Gooseberries • Kiwis • Lemon peel • Lime peel • Orange peel

High-oxalate foods and drinks, continued

Vegetables	<ul style="list-style-type: none"> • Beans (baked, green, dried, kidney) • Beets • Beet root • Carrots • Celery • Chicory • Collards • Dandelion greens 	<ul style="list-style-type: none"> • Eggplant • Escarole • Kale • Leeks • Okra • Olives • Parsley • Peppers (chili and green) 	<ul style="list-style-type: none"> • Pokeweed • Potatoes (baked, boiled, fried) • Rutabaga • Spinach • Summer squash • Sweet potato • Swiss chard • Zucchini
Condiments	<ul style="list-style-type: none"> • Black pepper (more than 1 teaspoon) 	<ul style="list-style-type: none"> • Marmalade • Soy sauce 	
Miscellaneous	<ul style="list-style-type: none"> • Chocolate 	<ul style="list-style-type: none"> • Parsley 	

Moderate-oxalate foods and drinks (2 to 10 mg per serving)

Limit these items and eat them in small amounts each day.

Drinks	<ul style="list-style-type: none"> • Draft beer • Carrot juice • Brewed coffee 	<ul style="list-style-type: none"> • Cranberry juice • Guinness beer • Matetea tea • Orange juice 	<ul style="list-style-type: none"> • Rosehip tea • Tomato juice • Twinings black currant tea
Dairy	<ul style="list-style-type: none"> • Yogurt 		
Fats, nuts, seeds	<ul style="list-style-type: none"> • Flaxseed 	<ul style="list-style-type: none"> • Sunflower seeds 	
Starch	<ul style="list-style-type: none"> • Bagels • Brown rice • Cornmeal • Corn starch • Corn tortilla 	<ul style="list-style-type: none"> • Fig cookie • Oatmeal • Ravioli (no sauce) • Spaghetti in red sauce 	<ul style="list-style-type: none"> • Sponge cake • Cinnamon Poptart • White bread
Fruits	<ul style="list-style-type: none"> • Apples, applesauce • Apricots • Coconut • Cranberries • Mandarin orange 	<ul style="list-style-type: none"> • Orange • Fresh peaches • Fresh pear • Pineapples • Prunes 	<ul style="list-style-type: none"> • Purple and damson plums • Fresh strawberries
Vegetables	<ul style="list-style-type: none"> • Artichoke • Asparagus • Broccoli • Brussel sprouts • Carrots (canned) • Corn 	<ul style="list-style-type: none"> • Fennel • Lettuce • Lima beans • Mustard greens • Onions • Parsnip 	<ul style="list-style-type: none"> • Canned peas • Tomato, tomato soup • Turnips • Vegetable soup • Watercress
Miscellaneous	<ul style="list-style-type: none"> • Ginger • Malt • Thyme 	<ul style="list-style-type: none"> • Potato chips (less than 3.5 ounces) 	<ul style="list-style-type: none"> • Strawberry jam or preserves

Low-oxalate foods and drinks (less than 2 mg per serving)

Drinks	<ul style="list-style-type: none"> • Water 	<ul style="list-style-type: none"> • Milk
Dairy	<ul style="list-style-type: none"> • Milk 	<ul style="list-style-type: none"> • Cheese (cheddar, mozzarella, Swiss)
Vegetable	<ul style="list-style-type: none"> • Cabbage • Cucumbers (peeled) • Mushrooms • Onions 	<ul style="list-style-type: none"> • Cauliflower • Lettuce • Yellow squash • Iceberg lettuce
Fruits	<ul style="list-style-type: none"> • Grapes • Melons • Mango 	<ul style="list-style-type: none"> • Papaya • Banana
Meat	<ul style="list-style-type: none"> • Chicken • Beef • Fish 	<ul style="list-style-type: none"> • Eggs • Turkey • Pork
Starch	<ul style="list-style-type: none"> • White rice • White bread 	<ul style="list-style-type: none"> • White pasta