

Low Oxalate Meal Plan

1. Reduce animal protein intake.
2. Reduce your intake of salt.
3. Reduce your intake of oxalate content to 40-50 mg/day.
4. Encourage fluids in order to reduce the concentration of calcium and oxalate ions in the urine.

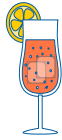
Little or No Oxalate

<2 mg per serving

Eat as desired:

Beverages & Juices:

Apple juice
Grapefruit juice
Lemonade
Pineapple juice
Coke/Pepsi (12 oz/day)



Water encouraged

Note: distilled alcohol, bottle beer, and Red or rose wine is also allowed on occasion

Milk (2 cups or more):

Low fat milk
Low fat or fat free yogurt
Skim milk
Buttermilk

Meat Group:

Eggs
Lean lamb
Beef or pork
Cheese
Poultry
Seafood



Vegetables:

Brussels sprouts
Cauliflower
Cabbage
Mushrooms
Onions
Peas
Potatoes
Radishes
Chives

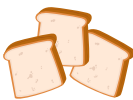
Fruits:

Avocado
Bananas
Grapefruit
Grapes
Mangoes
Peaches
Nectarines
Plums
Bing cherries
Melons: Cantaloupe, Casaba,
Honeydew, Watermelon



Breads & Starch:

Cornflakes
Macaroni
Noodles
Oatmeal
Rice
Spaghetti
White bread



Fats:

Bacon
Mayonnaise
Salad dressing
Vegetable oil

Extra:

Jelly (made with allowed fruit)
Lemon or Lime juice
Salt & Pepper (1 tsp/day)
Sugar
Soup with allowed ingredients

Moderate Oxalate

2-10 mg per serving

Beverages & Juices:

Coffee (any kind, 8 oz/serving)
Cranberry juice
Grape juice
Orange juice
Tomato juice

Meat Group:

Sardines

Vegetables:

Asparagus
Broccoli
Carrots
Corn
Cucumber
Iceberg lettuce
Lima beans
Tomato (1 small)
Turnips

Fruits:

Apple
Apricots
Oranges
Peaches
Pineapple
Pear
Italian prunes
Black currants
Red sour cherries

Breads & Starch:

Cornbread
Sponge cake

Fats:

Extra:

High Oxalate

>10 mg per serving

Avoid

Beverages & Juices:

Draft beer,
Juices containing berries not allowed
Ovaltine & other beverage mixes
Tea, and Cocoa

Meat Group:

Peanut butter
Soybean curd
Tofu

Vegetables:

Beets	Celery
Swiss Chard	Eggplant
Collards	Kale
Escarole	Mustard Greens
Leeks	Parsley
Okra	Spinach
Green Peppers	Sweet Potatoes
Rutabagas	Watercress
Summer squash	Dried green beans

Fruits:

Blackberries	Blueberries
Red currants	Fruit cocktail
Goose berries	Lemon peel
Lime peel	Orange peel
Raspberries	Rhubarb
Strawberries	Tangerine
Concord grapes	

Breads & Starch:

Grits	Fruit cake
White corn	
Soybean crackers	
Wheat germ	

Fats:

Nuts
Peanuts
Pecans

Extra:

Chocolate
Cocoa
Pepper (more than 1 tsp/day)
Vegetable soup
Tomato sauce and tomato soup