

Oxalate Food List

	Low Oxalate 10 mg or less per serving	Medium Oxalate 11-29 mg per serving	High Oxalate 30 mg or more per serving
Grains	Biscuits, 1 each, 6 mg Blueberry Muffins, 1 each, 9 mg Bran Muffins, 1 each, 5 mg Cheerios, 3/4 cup, 6 mg Cornbread, 1 piece, 4 mg Cornflakes, 3/4 cup, 1 mg Couscous, 1/2 cup, 8 mg English muffin, white, 1 each, 8 mg Oat bran, 1/3 cup, 0 mg Rice chex, 3/4 cup, 2 mg Rice krispies, 1 cup, 3 mg Rye bread, 1 slice, 7 mg Spaghetti, 1/2 cup, 6 mg Special K, 3/4 cup, 2 mg Tortillas, corn & flour, 1 each, 7 mg Wheat bread, 1 slice, 5 mg White rice, cooked, 1/2 cup, 2 mg	Brown rice, 1/2 cup, 12 mg Cream of Wheat, 1 cup, 18 mg English muffin, whole wheat, 1 each, 12 mg Farina, 1 cup, 16 mg French Toast, 2 slices, 13 mg Granola, 1 cup, 20 mg Kashi Go Lean, 3/4 cup, 14 mg Mueslix, 3/4 cup, 19 mg Pancakes, 4 each, 11 mg	Bagel, 1 large, 40 mg Bran cereal, 1 cup, 52 mg Bulgur, 1/2 cup, 43 mg Corn grits, 1/2 cup, 49 mg Cornmeal, 1/2 cup, 32 mg Millet, cooked, 1/2 cup, 31 mg Raisin Bran cereal, 3/4 cup, 35 mg Rice bran, 1/2 cup, 140 mg Shredded wheat cereal, 1 cup, 28 mg Wheat berries, 1/2 cup, 49 mg
Dairy	Butter, 1 teaspoon, 0 mg Buttermilk, 1 cup, 1 mg Cheese, 1 slice, 0 mg Cottage Cheese, 1/2 cup, 0 mg Cream cheese, 1 oz, 1 mg Milk, all fat levels, 1 cup, 1 mg Milk, chocolate, 1 cup, 7 mg Yogurt, frozen, 1/2 cup, 1 mg Yogurt, plain, 1 cup, 2 mg		
Meat, Chicken, Fish & Meat Alternatives	**Most meat, chicken, fish and seafood is very low in oxalate Beef, ground, 3 oz, 0 mg Chicken, 3 oz, 0 mg Crab & shrimp, 3 oz, 0 mg Eggs, 1 each, 0 mg Fish (cod, flounder, halibut), 3 oz, 0 mg Pecans, 1/4 cup, 10 mg Pork, 3 oz, 0 mg Pumpkin seeds, 1/4 cup, 5 mg Sunflower seeds, 1/4 cup, 3 mg Turkey, 3 oz, 0 mg Walnuts, 1/4 cup, 8 mg	Peanuts, 1/4 cup, 27 mg Pistachios, 1/4 cup, 14 mg Tofu, 3.5 oz, 13 mg Veggie burger, 1 each, 24 mg	Almonds, 1/4 cup, 122 mg Cashews, 1/4 cup, 49 mg

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Fruits	Apple, 1 fruit, 1 mg Apple, dried, ½cup, 1 mg Apricots, 1 fruit, 0 mg Apricots, dried, ½cup, 2mg Applesauce, 1 cup, 2 mg Banana, 1 fruit, 3 mg Blackberries, 1 cup, 4 mg Blueberries, 1 cup, 4 mg Cantaloupe, 1 cup, 0 mg Cherries, 1 cup, 3 mg Cherries, canned, ½cup, 7mg Cranberries, dried, ½cup, 1mg Cranberry Sauce, ½cup, 2 mg Figs, 1 fruit, 9 mg Fruit Cocktail, ½cup, 1mg Grapes, 1 cup, 2 mg Honeydew Melon, 1 cup, 1 mg Lemon, 1 fruit, 4 mg Lime, 1 fruit, 3 mg Mango, 1 fruit, 1 mg Nectarine, 1 fruit, 1 mg Papaya, 1 fruit, 1 mg Peach, 1 fruit, 0 mg Peaches, canned, ½cup 1 mg Pear, 1 fruit, 2 mg Pears, canned, ½cup, 1 mg Pineapple, 1 cup, 4 mg Plantain, 1 fruit, 1 mg Plum, 1 fruit, 0 mg Tangerine, 1 fruit, 10 mg Raisins, 1 oz, 3 mg Strawberries, 1 cup, 4 mg Watermelon, 1 slice, 1 mg Canned cherries, ½cup, 7 mg Canned peaches, ½cup, 1 mg Canned pears, ½cup, 1 mg Fruit cocktail, ½cup, 1 mg Dried Apples, 13 rings, 2 mg Dried Apricots, ½cup, 1 mg Dried Cranberries, ½cup, 1 mg	Avocado, 1 each, 19 mg Dates, 1 each, 24 mg Grapefruit, ½fruit, 12 mg Kiwi, 1 fruit, 16 mg Orange, 1 fruit, 29 mg Dried figs, 5 each, 24 mg Dried prunes, 5 prunes, 11 mg	Raspberries, 1 cup, 48 mg Canned pineapple, ½cup, 24 mg Dried pineapple, ½cup, 30 mg

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Vegetables	Alfalfa sprouts, ½cup, 0 mg Artichoke, 1 heart, 5 mg Asian mixed vegetables, ½cup, 6mg Asparagus, 4 spears, 6 mg Bok choy, 1 cup raw, 1 mg Broccoli, 1 cup raw, 2 mg Brussels Sprouts, ½cup, 2 mg Cabbage, ½cup, 1 mg Carrots, ½cup cooked, 7 mg Carrots, ½large, 10mg Cauliflower, ½cup cooked, 1 mg Celery, ½cup cooked, 5 mg Celery, 1 stalk raw, 3mg Chili peppers, ½cup, 5 mg Chives, 1 teaspoon, 0 mg Collard greens, ½cup cooked, 5 mg Corn, ½cup, 1 mg Cucumber, ¼each, 1 mg Endive, ½cup, 0 mg Green beans, ½cup, 9 mg Green pepper, ½cup, 5 mg Iceberg lettuce, 1 cup, 0 mg Kale, raw, 1 cup, 2 mg Mung beans, ½cup, 8 mg Mushrooms, 1 each, 0 mg Mustard greens, 1 cup raw, 4 mg Onion, 1 small, 0 mg Peas, ½cup, 1 mg Peppers, hot, ½cup, 5mg Tomato, 1 each, 7 mg Radish, 10 each, 0 mg Romaine lettuce, 1 cup, 0 mg Scallions, ½cup, 1 mg Sea vegetables, 1 cup, 3 mg Water chestnuts, 4 each, 0 mg Yellow squash, ½cup, 4 mg Zucchini, ½cup, 1 mg	Bamboo shoots, ½cup, 18 mg Fava beans, ½cup, 20 mg Kidney Beans, ½cup, 15 mg Olives, 10 each, 18 mg Parsnip, ½cup, 15 mg Potatoes, mashed, ½cup, 15 mg Refried beans, ½cup, 16 mg Sweet potatoes, ½cup, 14 mg Tomato sauce, ½cup, 17 mg	Beets, ½cup, 76 mg Navy beans, ½cup, 76 mg Okra, ½cup, 57 mg Potato, baked w/ skin, 1 each, 97 mg Potatoes, French fries, ½cup, 51 mg Rhubarb, ½cup, 541 mg Rutabaga, ½cup, 31 mg Soybeans, ½cup, 48mg Spinach, ½cup cooked, 755 mg Spinach, 1 cup raw, 656 mg Turnip, ½cup, 30 mg Yams, ½cup, 40 mg

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Snacks	Popcorn, 1 cup, 5 mg Pretzels, 1 oz, 5 mg Ritz crackers, 5 crackers, 3 mg Saltines, 5 crackers, 5 mg Tortilla chips, 1 oz, 7 mg Triscuits, 5 crackers, 5 mg Wheat crackers, 5 crackers, 5 mg	Potato chips, 1 oz, 21 mg	
Desserts	Chocolate pudding, ½ cup, 2 mg Custard, ½ cup, 0 mg Fig bar, 1 cookie, 4 mg Fruit roll up, 1 roll, 2 mg Graham cracker, 1 sheet, 2 mg Ice Cream, ½ cup, 0 mg Jello, 1 cup, 1 mg Milk chocolate candy, 1 oz, 5 mg Oatmeal cookie, 1 cookie, 3 mg Pie, 1/8 pie, 5 mg Popsicle, 1 each, 0 mg Pudding popsicle, 1 each, 5 mg Rice cake, 1 cake, 2 mg Rice krispie treat, 1 bar, 1 mg Sherbet, ½ cup, 0 mg Snack cake, 1 cake, 3 mg Vanilla pudding, ½ cup, 0 mg	Cake, 1 oz, 15 mg Chocolate chip cookie, 1 medium, 10 mg	Brownie, 1 oz, 31 mg Candy with nuts, 1 piece, 38 mg Chocolate syrup, 2 tablespoons, 38 mg
Beverages	Apple juice, 1 cup, 2 mg Apricot juice, 1 cup, 2 mg Beer, 12 oz, 4 mg Chocolate milk, 1 cup, 7 mg Coffee, 1 cup, 2 mg Gatorade, 1 cup, 0 mg Grape juice, 1 cup, 1 mg Grapefruit juice, 1 cup, 0 mg Kool-Aid, 1 cup, 1 mg Liquor, 1 oz, 0 mg Mango juice, 1 cup, 1 mg Milk, 1 cup, 1 mg Orange juice, 1 cup, 2 mg Pineapple juice, 1 cup, 3 mg Prune juice, 1 cup, 7 mg Soda, 1 cup, 0 mg Wine, 4 oz, 1 mg	Black tea, 1 cup, 14 mg Carrot juice, 1 cup, 27 mg Lemonade, 1 cup, 15 mg Rice milk, 1 cup, 13 mg Soy milk, 1 cup, 20 mg Tomato juice, 1 cup, 14 mg	Hot chocolate, 1 cup, 65 mg

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Condiments & Other	Apple butter, 1 tablespoon, 0 mg Black pepper, 1 dash, 0mg Butter, 1 tablespoon, 0 mg Coffee Creamer, 1 tablespoon, 0mg Cream cheese, 1 oz, 1 mg Cream sauce, ¼ cup, 0 mg Gravy, ¼ cup, 1 mg Horseradish, 1 tablespoon, 0 mg Hummus, 2 tablespoons, 8mg Jam/jelly, 1 tablespoon, 1 mg Ketchup, 1 packet, 1 mg Mayonnaise, 1 tablespoon, 0 mg Mustard, 1 teaspoon, 1 mg Salsa, 1 tablespoon, 1 mg Sour Cream, 1 tablespoon, 0mg Soy sauce, 1 tablespoon, 3 mg Syrup, 1 tablespoon, 0 mg Whipped cream, 2 tablespoon, 0 mg	Peanut butter, 1 tablespoon, 13 mg Tahini, 1 tablespoon, 16 mg	Miso soup, 1 cup, 111 mg
Baking	Artificial sweetener, 1 packet, 1mg Barley malt flour, ½cup, 0mg Brown sugar, ½cup packed, 0mg Corn Bran, ½cup, 0mg Cornstarch, 1 tablespoon, 0mg Flaxseed, 1 tablespoon, 0 mg Flour, corn, ½cup, 2mg Flour, white, ½cup, 9mg Flour, white rice, ½cup, 6mg Sugar, ½cup, 0mg	Rice, brown, ½cup cooked, 12mg Flour, whole grain, ½cup, 15mg	Barley flour, ½cup, 41 mg Brown rice flour, ½cup, 33mg Buckwheat groats, ½cup cooked, 67mg Cornmeal, ½cup, 32mg Cocoa powder, 4 teaspoon, 67mg Soy flour, ½cup, 47 mg