



A guide to...

The Low Oxalate Diet

Patient Information

Nutrition and Dietetics Department

Watford General Hospital

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The Low Oxalate Diet

What is it?

The low oxalate diet limits oxalates to 50 milligrams (mg) each day. Oxalates are substances found in plants, animals, and humans. It is important to remember that oxalate levels in foods vary by food, cooking, processing, and growing factors.

In the body, oxalates come together with calcium and iron to make crystals. In most people, these crystals leave the body in urine. For some people, they can grow into kidney stones. This diet may lower the risk of certain types of kidney stones.

Each person's body absorbs oxalates differently. This diet does not work for everyone. A person can get all their nutrients without having too many oxalates.

Remember the aim of trying the diet is to assess whether reducing your current intake helps your symptoms—the diet should be tailored to your own individual tolerance at a later stage if you feel it has been beneficial.

You should use your own judgement if you feel a particular food still causes problems, even if it is on the medium or low lists.

Once your symptoms improve, you may start to reintroduce a wider variety of foods. It may be beneficial to do this one new food at a time in order to identify if any cause a problem

Classification of foods

High oxalate foods—more than 10mg of oxalate per serving

Medium oxalate food—between 2-10mg of oxalate per serving

Low oxalate food—less than 2mg of oxalate per serving.

The chart below lists foods that are high, low or moderate in oxalates:

Food group	Low in oxalates (allowed)	Moderate in oxalates (limit)	High in oxalates (avoid)
Fruits	Apples, apricots (fresh or canned), avocado, bananas, cherries (sweet), cranberries, grapefruit, red or green grapes, lemon and lime juice, melons, nectarines, papayas, peaches, pears, pineapples, oranges, strawberries (fresh), tangerines	Blackberries, blueberries, black currants, cherries (sour), fruit cocktail, mangoes, orange peel, prunes, purple plums	Apricots (dried), red currants, figs, kiwi, plums, rhubarb
Veggies	Artichokes, asparagus, bamboo shoots, broccoli, brussels sprouts, cabbage, cauliflower, chayote squash, chicory, corn, cucumbers, endive, lettuce, lima beans, mushrooms, onions, peas, peppers, potatoes, radishes, rutabagas, zucchini	Baked beans, carrots, celery, green beans, parsnips, summer squash, tomatoes, turnips	Beans (wax, dried), beets and beet greens, chives, collard greens, eggplant, escarole, dark greens of all kinds, leeks, okra, parsley, rutabagas, spinach, Swiss chard, tomato paste, watercress
Breads, cereals, grains	Egg noodles, rye bread, cooked and dry cereals without nuts or bran, crackers with unsalted tops, white or wild rice	White bread, cornbread or cornmeal, white English muffins, saltine or soda crackers, brown rice, vanilla wafers, spaghetti and other noodles, firm tofu, bagels, oatmeal	Amaranth, barley, white corn flour, fried potatoes, fruitcake, grits, soybean products, sweet potatoes, wheat germ and bran, buckwheat flour, All Bran cereal, graham crackers, pretzels, whole wheat bread
Meat, fish, poultry	Meat, fish, poultry, eggs, egg whites, egg replacements, ham, bacon, hot dogs, bratwurst, sausage, chicken nuggets, cheddar cheese, canned fish and shellfish	Sardines	Dried beans, peanut butter, soy burgers, miso
Soup	Homemade soup (using the recommended veggies and meat), tomato soup, cheese soup		
Desserts	Cookies, cakes, ice cream, pudding without chocolate or nuts, candy without chocolate or nuts	Chocolate cake	Carob, chocolate, marmalades
Fats and oils	Butter, margarine, cream, oil, salad dressing, mayo	Macadamia nuts, pistachio nuts, English walnuts	Nuts (peanuts, almonds, pecans, cashews, hazelnuts), nut butters, sesame seeds, tahini paste
Other foods	potato chips and pretzels, herbs (like garlic, garlic powder, onion powder), lemon juice, seasoning blends, vinegar, coconuts, lemon or lime juices, sugar or sweeteners, jellies or jams (from the recommended list)	Jams or jellies (made with the fruits above), pepper	Poppy seeds
Drinks	Beer, cola, wine, buttermilk, milk, fruit and veggie juices (from the list below), chocolate milk, rice milk, hot cocoa, tea	Chocolate drink mixes, soy milk, Ovaltine, instant iced tea, fruit juices of fruits listed below	

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