



Oxalate Food Guide

What are Oxalates?

Oxalates are natural compounds found in plants and some animal products. High oxalate intake can contribute to kidney stones and other health issues in sensitive individuals.

High-Oxalate Foods (Avoid or Limit)

- **Vegetables:** Spinach, beets, rhubarb, Swiss chard, sweet potatoes
- **Fruits:** Blackberries, raspberries, kiwi, figs, starfruit
- **Grains:** Buckwheat, amaranth, quinoa
- **Legumes:** Soybeans, navy beans, black beans
- **Nuts/Seeds:** Almonds, peanuts, cashews, sesame seeds
- **Other:** Cocoa powder, chocolate, tea (black, green), turmeric

Moderate-Oxalate Foods (Consume in Small Portions)

- Carrots, celery, green beans
- Oranges, apricots, cherries
- Brown rice, oats

Low-Oxalate Foods (Safe Choices)

- **Vegetables:** Zucchini, cauliflower, cucumbers, lettuce, mushrooms
- **Fruits:** Bananas, apples, blueberries, strawberries, watermelon
- **Proteins:** Meat, fish, eggs, dairy
- **Grains:** White rice, cornmeal