

High Oxalate Foods — Patient Reference Guide

Reducing high-oxalate foods can help manage kidney stones, joint pain, and other oxalate-related symptoms

VERY HIGH — Avoid completely

HIGH — Limit / prepare carefully

MODERATE — Small portions only

✓ SAFE — Low oxalate alternatives

VEGETABLES

VERY HIGH — Avoid completely

- Spinach (raw or cooked)
- Swiss chard
- Beet greens
- Rhubarb
- Purslane
- Sorrel
- Lambsquarters

HIGH — Limit or prepare carefully

- Beets (root)
- Leeks
- Okra
- Celery
- Parsley
- Kale (large amounts)
- Collard greens

MODERATE — Eat in small portions

- Carrots
- Broccoli
- Brussels sprouts
- Green beans
- Asparagus
- Corn
- Turnips

GRAINS & STARCHES

VERY HIGH — Avoid completely

- Wheat bran / wheat germ
- Buckwheat
- Amaranth
- Quinoa (high amounts)

HIGH — Limit or prepare carefully

- Whole wheat bread & pasta
- Corn grits / polenta
- Brown rice (large portions)
- Millet

MODERATE — Eat in small portions

- Oatmeal (1/2 cup cooked)
- White rice
- Sourdough bread
- White pasta

FRUITS

VERY HIGH — Avoid completely

- Starfruit (carambola) — toxic levels
- Figs (dried)
- Kiwi (large amounts)

HIGH — Limit or prepare carefully

- Raspberries
- Blackberries
- Dates
- Tangerines
- Currants (dried)

MODERATE — Eat in small portions

- Strawberries
- Oranges & orange juice
- Lemon/lime juice
- Pineapple

OTHER FOODS

VERY HIGH — Avoid completely

- Dark chocolate & cocoa powder
- Carob powder
- Miso paste
- Vegemite / Marmite

HIGH — Limit or prepare carefully

- Milk chocolate
- Tomato sauce (concentrated)
- Sweet potato
- Potato (with skin)
- Turmeric (large amounts)

MODERATE — Eat in small portions

- White potato (peeled, boiled)
- Tomatoes (1 medium)
- Cinnamon
- Ginger

Patient: _____ Date: _____

NUTS & SEEDS

VERY HIGH — Avoid completely

- Almonds
- Cashews
- Peanuts (& peanut butter)
- Sesame seeds & tahini
- Sunflower seeds

HIGH — Limit or prepare carefully

- Pecans
- Pistachios
- Brazil nuts
- Pine nuts
- Walnuts (moderate-high)

MODERATE — Eat in small portions

- Flaxseeds (small amounts)
- Pumpkin seeds
- Coconut (shredded)
- Macadamia nuts

LEGUMES

VERY HIGH — Avoid completely

- Soybeans & edamame
- Soy milk & tofu
- Tempeh
- Black beans (large portions)

HIGH — Limit or prepare carefully

- Kidney beans
- Navy beans
- Pinto beans
- Lentils
- Chickpeas / hummus

MODERATE — Eat in small portions

- White beans (small serving)
- Split peas
- Lima beans
- Green peas

BEVERAGES

VERY HIGH — Avoid completely

- Black tea (very high oxalate)
- Green tea (high amounts)
- Hot chocolate / cocoa
- Carrot juice

HIGH — Limit or prepare carefully

- Instant coffee (large amounts)
- Tomato juice
- Beetroot juice
- Soy milk

MODERATE — Eat in small portions

- Brewed coffee (1–2 cups)
- Herbal teas (check label)
- Orange juice (4 oz)
- Draft beer