

# 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
<b>Grains</b>	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, 2mg Rice krispies, 1 cup, 3 mg Rye bread, 1 slice, 7mg Spaghetti, 1/2 cup, 6 mg Special K, 3/4 cup, 2mg Tortillas, corn & flour, 1 each, 7mg 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, 14mg Mueslix, 3/4 cup, 19mg 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
<b>Dairy</b>	Butter, 1 teaspoon, 0mg Buttermilk, 1 cup, 1mg Cheese, 1 slice, 0mg Cottage Cheese, 1/2 cup, 0mg Cream cheese, 1 oz, 1mg Milk, all fat levels, 1 cup, 1mg Milk, chocolate, 1 cup, 7mg Yogurt, frozen, 1/2 cup, 1mg Yogurt, plain, 1 cup, 2 mg		
<b>Meat, Chicken, Fish &amp; Meat Alternatives</b>	**Most meat, chicken, fish and seafood is very low in oxalate  Beef, ground, 3oz, 0mg Chicken, 3oz, 0mg Crab & shrimp, 3oz, 0mg Eggs, 1 each, 0mg Fish (cod, flounder, halibut, etc), 3oz, 0mg Pecans, 1/4 cup, 10 mg Pork, 3 oz, 0mg Pumpkin seeds, 1/4 cup, 5 mg Sunflower seeds, 1/4 cup, 3 mg Turkey, 3oz, 0mg 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

<p><b>Fruits</b></p> <p>Apple, 1 fruit, 1 mg            Apple, dried, ½ cup, 1 mg            Apricots, 1 fruit, 0 mg            Apricots, dried, ½ cup, 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, ½ cup, 7mg            Cranberries, dried, ½ cup, 1mg            Cranberry Sauce, ½ cup, 2 mg            Figs, 1 fruit, 9 mg            Fruit Cocktail, ½ cup, 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, ½ cup 1 mg            Pear, 1 fruit, 2 mg            Pears, canned, ½ cup, 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</p> <p>Canned cherries, ½ cup, 7 mg            Canned peaches, ½ cup, 1 mg            Canned pears, ½ cup, 1 mg            Fruit cocktail, ½ cup, 1 mg</p> <p>Dried Apples, 13 rings, 2 mg            Dried Apricots, ½ cup, 1 mg            Dried Cranberries, ½ cup, 1 mg</p>	<p>Avocado, 1 each, 19 mg            Dates, 1 each, 24 mg            Grapefruit, ½ fruit, 12 mg            Kiwi, 1 fruit, 16 mg            Orange, 1 fruit, 29 mg</p> <p>Dried figs, 5 each, 24 mg            Dried prunes, 5 prunes, 11 mg</p>	<p>Raspberries, 1 cup, 48 mg            Canned pineapple, ½ cup, 24 mg            Dried pineapple, ½ cup, 30 mg</p>
<p><b>Vegetables</b></p> <p>Alfalfa sprouts, ½ cup, 0 mg            Artichoke, 1 heart, 5 mg            Asian mixed vegetables, ½ cup, 6 mg            Asparagus, 4 spears, 6 mg            Bok choy, 1 cup raw, 1 mg            Broccoli, 1 cup raw, 2 mg            Brussels Sprouts, ½ cup, 2 mg            Cabbage, ½ cup, 1 mg            Carrots, ½ cup cooked, 7 mg            Carrots, ½ large, 10mg            Cauliflower, ½ cup cooked, 1 mg            Celery, ½ cup cooked, 5 mg</p>	<p>Bamboo shoots, ½ cup, 18 mg            Carrots, ½ large raw, 15 mg            Fava beans, ½ cup, 20 mg            Kidney Beans, ½ cup, 15 mg            Olives, 10 each, 18 mg            Parsnip, ½ cup, 15 mg            Potatoes, mashed, ½ cup, 15 mg            Refried beans, ½ cup, 16 mg            Sweet potatoes, ½ cup, 14 mg            Tomato sauce, ½ cup, 17 mg</p>	<p>Beets, ½ cup, 76 mg            Navy beans, ½ cup, 76 mg            Okra, ½ cup, 57 mg            Potato, baked w/ skin, 1 each, 97 mg            Potatoes, French fries, ½ cup, 51 mg            Rhubarb, ½ cup, 541 mg            Rutabaga, ½ cup, 31 mg            Soybeans, ½ cup, 48mg            Spinach, ½ cup cooked, 755 mg            Spinach, 1 cup raw, 656 mg            Turnip, ½ cup, 30 mg            Yams, ½ cup, 40 mg</p>

<p><b>More Vegetables</b></p>	<p>Celery, 1 stalk raw, 3mg Chili peppers, ½ cup, 5 mg Chives, 1 teaspoon, 0 mg Collard greens, ½ cup cooked, 5 mg Corn, ½ cup, 1 mg Cucumber, ¼ each, 1 mg Endive, ½ cup, 0 mg Green beans, ½ cup, 9 mg Green pepper, ½ cup, 5 mg Iceberg lettuce, 1 cup, 0 mg Kale, raw, 1 cup, 2 mg Mixed vegetables, ½ cup frozen, 5 mg Mung beans, ½ cup, 8 mg Mushrooms, 1 each, 0 mg Mustard greens, 1 cup raw, 4 mg Onion, 1 small, 0 mg Peas, ½ cup, 1 mg Peppers, hot, ½ cup, 5mg Tomato, 1 each, 7 mg Radish, 10 each, 0 mg Romaine lettuce, 1 cup, 0 mg Scallions, ½ cup, 1 mg Sea vegetables, 1 cup, 3 mg Water chestnuts, 4 each, 0 mg Yellow squash, ½ cup, 4 mg Zucchini, ½ cup, 1 mg</p>		
<p><b>Snacks</b></p>	<p>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</p>	<p>Potato chips, 1 oz, 21 mg</p>	
<p><b>Desserts</b></p>	<p>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, 0mg 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</p>	<p>Cake, 1 oz, 15 mg Chocolate chip cookie, 1 medium, 10 mg</p>	<p>Brownie, 1 oz, 31 mg Candy with nuts, 1 piece, 38 mg Chocolate syrup, 2 tablespoons, 38 mg Stevia artificial sweetener, 1 packet, 42 mg</p>
<p><b>Beverages</b></p>	<p>Apple juice, 1 cup, 2 mg</p>	<p>Black tea, 1 cup, 14 mg</p>	<p>Hot chocolate, 1 cup, 65 mg</p>

	<p>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</p>	<p>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</p>	
<p><b>Condiments &amp; Other</b></p>	<p>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</p>	<p>Peanut butter, 1 tablespoon, 13 mg          Tahini, 1 tablespoon, 16 mg</p>	<p>Miso soup, 1 cup, 111 mg</p>
<p><b>Baking</b></p>	<p>Artificial sweetener, 1 packet, 1mg          Barley malt flour, ½ cup, 0mg          Brown sugar, ½ cup packed, 0mg          Corn Bran, ½ cup, 0mg          Cornstarch, 1 tablespoon, 0mg          Flaxseed, 1 tablespoon, 0 mg          Flour, corn, ½ cup, 2mg          Flour, white, ½ cup, 9mg          Flour, white rice, ½ cup, 6mg          Sugar, ½ cup, 0mg</p>	<p>Rice, brown, ½ cup cooked, 12mg          Flour, whole grain, ½ cup, 15mg</p>	<p>Barley flour, ½ cup, 41 mg          Brown rice flour, ½ cup, 33mg          Buckwheat groats, ½ cup cooked, 67mg          Cornmeal, ½ cup, 32mg          Cocoa powder, 4 teaspoon, 67mg          Soy flour, ½ cup, 47 mg</p>