The Low Oxalate Diet

This list was adapted from the Low Oxalate Cookbook published by The Vulvar Pain Foundation. It includes recipes, tips, guidelines, and other information about low oxalate eating. You may contact The VPF at: The Vulvar Pain Foundation, Post Office Drawer 177, Graham, NC 27253

Foods marked with * may cause irritation although they are not high in oxalate. It may be best to avoid these at first. If a food has been listed as both low and medium in different tests, it is listed only in the medium group. If a food has been listed as both medium and high in different tests, it is listed in the medium group and indicated by the notation "(?high)" as well as being listed in the high group. Foods with double question marks (i.e. ?Pumpkin?) have not been tested, but anecdotal evidence seems to imply oxalate content or irritation potential.

You may want to eat only low oxalate foods at first until your symptoms begin to improve. Then, you can add medium oxalate foods one at a time, eating a small amount three days in a row. If your pain does not increase, you may add that food to your diet as a medium oxalate food.

It is not a good idea to try to eliminate all oxalate from your diet. Moderate consumption is necessary. Of course, you must eliminate the high oxalate foods from your diet completely.
**LOW OXALATE**

*Beverages:*
- Barley water
- Beer, bottled*
- Cider
- Coke*
- Coca-Cola*
- Distilled alcohol*
- Fruit juices (4 oz)
  - Apple
  - Grapefruit*
  - Lemon*
  - Lime*
  - Pineapple
- Gingerale (Schwepp’s)
- Kukicha twig tea
- Lemonade or limeade (made without peel)*
- Milk
- Orange soda (Minute Maid)*
- Pepsi*
- Pepsi-Cola*
- Pineapple juice
- Root beer (Borg’s and A&W)
- Bigelow herbal teas-
  - (hot, brew time 4 min)
- Cranberry Apple
- Cozy Chamomile
- Purely Peppermint
- Apple & Spice
- Chamomile Mint
- Cinnamon Orange
- Hibiscus & Rose Hips
  - (iced, brew time 10 min)
- Red Raspberry
- Tahitian Breeze
- Perfect Peach
- Raspberry Royale
- Water
- Wine - port, red, rose, dry
  - sherry, white*

*Dairy:*
- Butter
- Buttermilk
- Cheese
- Milk
- Yogurt
  - Natural, nonfat, plain
- Dannon Fruit-on-the-Buttom yogurts

(except orange)

*Fats:*
- Butter
- Margarine
- Mayonnaise (Heinz)
- Salad dressing
- Vegetable oils

*Fruits:*
- Apples, peeled
- Avocado
- Cherries, bing and sour
- Cranberries, canned
  - (Ocean Spray)*
- Grapes
  - Thompson seedless, green
  - Red
- Lemons*
- Lemon juice (1 cup)*
- Lime juice (1 cup)*
- Mangos
- Melons
- Cantaloupe
- Casaba
- Honeydew
- Watermelon
- Nectarines
- Papaya, Hawaian
- Raisins, golden

*Grains:*
- Cornflakes (Kellog’s)
- Cornstarch (1 tbsp)
- Egg noodles
- Rice, white
- Rice, wild
- Rye bread

*Condiments:*
- Basil, fresh (1 tsp)
- Chives
- Dill
- Mustard, Dijon (1 tbsp)
- Nutmeg, dry (1 tsp)
- Oregano, dried (1 tsp)
- Salt
- Vanilla extract

*Vinegar*

*Legumes, Nuts, Seeds:*
- Coconut
- Lentils

*Meats:*
- Bacon (up to 9 strips)
- Beef
- Chicken
- Corned beef, canned
- Eggs
- Fish, haddock, plaice, and flounder
- Ham
- Hamburger
- Lamb
- Pork
- Turkey

*Other Foods:*
- Carob
- Gelatin, unflavored
  - (Knox)
  - (1 packet)
- Vinegar, apple cider*

*Sweets:*
- Corn syrup (Karo) (1 tbsp)
- Honey (1 tbsp)
- Jellies, jams, or preserves
  - made with low and medium fruits (1 tbsp)
- Maple syrup, pure (1 tbsp)
- Sugar

*Vegetables:*
- Acorn squash
- Alfalfa sprouts
- Cabbage, white
- Cauliflower
- Cucumbers, peeled
- Green peas, frozen
- Lettuce, iceberg (1/2 cup)
- Mung bean sprouts
- Pepper, red
- Turnips, roots
- Zucchini squash
MEDIUM OXALATE
Beverages:
Beer (Budweiser) (12 oz)*
Beer, draft (12 oz)*
Beer, stout (Guiness draft) (12 oz)*
Coffee*
Fruit juice (4 oz)
\[\text{Cranberry}^*\]
\[\text{Grape}^*\]
\[\text{Orange}^*\]
Orangeade (4 oz)*
Tea, rooibos
Bigelow herbal teas—
\[\text{Lemon} \& \text{ C}^*\]
\[\text{Spearmint}^*\]
\[\text{Premium}^*\]
\[\text{V-8 Juice}^*\]
\[\text{Wine, Beaujolais}^*\]
Fruits:
\[\text{Apples}^*\]
\[\text{Apricots}^*\]
\[\text{Berries}^*\]
\[\text{Blackberries}^*\]
\[\text{Blueberries}^*\]
\[\text{Dewberries}^*\]
\[\text{Red raspberries}^*\]
\[\text{Currants, black}^*\]
\[\text{Cherries, red sour}^*\]
\[\text{Cranberries, dried}^*\]
\[\text{Grapefruit}^*\]
\[\text{Grapes}^*\]
\[\text{Oranges}^*\]
\[\text{Peaches, Alberta}^*\]
\[\text{Peaches, Hiley, Stokes, canned}^*\]
\[\text{Pears, Bartlett}^*\]
\[\text{Pineapple, Sainsbury, canned}^*\]
\[\text{Pineapple chunks (Dole)}^*\]
\[\text{Plums, green or golden}^*\]
\[\text{Gage, Damson}^*\]
\[\text{Prunes, Italian}^*\]
\[\text{Tangerines (?high)*}^*\]
Grains:
\[\text{Bagel (1 medium)}^*\]
\[\text{(Lender’s)}^*\]
\[\text{Barley, cooked}^*\]
\[\text{Bread, white (2 slices)}^*\]
\[\text{Corn tortilla (1 medium)}^*\]
\[\text{Combread}^*\]
\[\text{Cornmeal, yellow (1 cup dry)}^*\]
\[\text{Cornstarch (1/4 cup)}^*\]
\[\text{English muffin, white (1 medium)}^*\]
\[\text{Macaroni, cooked}^*\]
\[\text{Oatmeal (_ cup) (?high)}^*\]
\[\text{Rice, brown}^*\]
\[\text{Saltine or soda crackers (16)}^*\]
\[\text{(Zesta by Keebler)}^*\]
\[\text{Spaghetti}^*\]
\[\text{Spaghetti in tomato sauce*}\]
\[\text{Vanilla Wafers (25)}^*\]
\[\text{(Nabisco)}^*\]
\[\text{Wheat or plain flour}^*\]
Condiments:
\[\text{Basil, fresh (1 tbsp)}^*\]
\[\text{Cinnamon (1 tsp)}^*\]
\[\text{Dill (1 tbsp)}^*\]
\[\text{Ginger, raw, sliced (1 tsp)}^*\]
\[\text{Malt, powder (1 tbsp)}^*\]
\[\text{Mustard, Dijon (1/2 cup)}^*\]
\[\text{Nutmeg (1 tbsp)}^*\]
\[\text{Pepper (1 tsp)}^*\]
\[\text{Soy sauce (?high)}^*\]
Legumes, Nuts, and Seeds:
\[\text{?Cashews?}^*\]
\[\text{Garbanzo beans, canned (1/4 cup)}^*\]
\[\text{Lima beans}^*\]
\[\text{Split peas, cooked}^*\]
\[\text{Sunflower seeds, hulled, dry roasted (1 oz) (?high)}^*\]
\[\text{Tofu, raw firm (?high)}^*\]
\[\text{?Walnuts?}^*\]
Meats:
\[\text{Bacon (10 or more slices)}^*\]
\[\text{Kidney, beef}^*\]
\[\text{Liver}^*\]
\[\text{Sardines}^*\]
Other foods:
\[\text{Malt (1 tbsp)}^*\]
\[\text{No fat ranch dressing (Marzetti’s)}^*\]
Sweets:
\[\text{Sponge cake (1 slice)}^*\]
\[\text{Preserves, strawberry (1 tbsp)}^*\]
\[\text{Marmalade (1/4 cup)*}\]
Vegetables:
\[\text{Asparagus}^*\]
\[\text{Artichokes}^*\]
\[\text{Brussel sprouts}^*\]
\[\text{Broccoli}^*\]
\[\text{Carrots}^*\]
\[\text{Corn (sweet, white, or yellow)}^*\]
\[\text{Cucumber (1 medium)}^*\]
\[\text{Garlic}^*\]
\[\text{Green beans, snap, or runner beans (?high)}^*\]
\[\text{Kohlrabi}^*\]
\[\text{Lettuce}^*\]
\[\text{butter}^*\]
\[\text{iceberg (1 cup)}^*\]
\[\text{Mushrooms}^*\]
\[\text{Mustard greens}^*\]
\[\text{Onions}^*\]
\[\text{Peppers, green (1/2 medium)}^*\]
\[\text{Potato chips (50) (Wise Original)}^*\]
\[\text{Potatoes, white, russet, Idaho (1/3 cup) (?high)}^*\]
\[\text{Potato salad (1/4 cup)}^*\]
\[\text{Radishes}^*\]
\[\text{Snow peas}^*\]
\[\text{Tomato, fresh*}\]
\[\text{Tomato sauce, canned (1/4 cup)*}\]
\[\text{Vegetable beef soup* (Campbell’s)}^*\]
\[\text{Watercress}^*\]
HIGH
Beverages:
Beer - lager draft, Tuborg, Pilsner
Chocolate milk
Cocoa
Juices containing berries high in oxalates
Ovaltine
Tea, black, Indian
Bigelow herbal teas—(hot, brew time 4 min)
  Apple Orchard
  Fruit & Almond
  I Love Lemon
  Mint Medley
  Orange Spice
  Perfect Peach
  Red Raspberry
  Specially Strawberry
  Sweet Dreams
  Take-A-Break
  Orange & C

Fruits:
Blackberries
Blueberries
Grapes, Concord
Currants, red
Dewberries
Figs, dried
Gooseberries
Kiwi
Lemon peel
Lime peel
Orange peel
Raspberries, red and black
Rhubarb
Strawberries
Tangerines

Grains:
Bread, whole wheat
Cheerios (1 cup)
Graham crackers
Graham flour
Grits, white corn
Kamut
Popcorn (4 cups, popped)
  (Orville Redenbacher)
Soybean crackers
Spelt
Stone ground flour
Wheat bran

Wheat germ
Whole wheat flour
Yellow Dock

Condiments:
Cinnamon, ground (1 tsp or more)
Pepper (in excess of 1 tsp per day)
Ginger (1 tbsp)
Soy sauce

Legumes, Nuts, and Seeds:
Beans, green, waxed, dried
Baked beans in tomato sauce, canned
Nuts
  Peanuts
  Pecans
  Garbanzo beans, canned
Peanut butter
Sesame seeds
Soybean curd (tofu)
Sunflower seeds
?All soy products?

Other foods:
Chocolate, plain
Cocoa, dry powder
Ovaltine, powder

Sweets:
Fig Newtons
Fruitcake (1 slice)
Marmalade

Vegetables:
Beets - tops, roots, greens
Celery
Collards
Dandelion greens
Eggplant
Escarole
Green beans, snap, pod, runner
Kale
Leeks
Okra
Parsley
Parsnips
Peppers, green
Pokeweed

Potatoes, sweet
Rhubarb
Rutabagas
Sorrel
Spinach
Squash, yellow, summer
Swiss chard
Tomato sauce, canned
Turnip greens
Watercress
Yams
?Pesticides?