



A guide to...

The Low Oxalate Diet

Patient Information

How to contact us

Nutrition and Dietetics Department

Watford General Hospital

West Hertfordshire Hospitals NHS Trust

60 Vicarage Road, Sycamore House, Hertfordshire WD18 0HB

Tel: 01923 436 236

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email westherts.pals@nhs.net



Author	Marta Sanz Martinez
Department	Nutrition and Dietetics
Ratified / Review Date	Oct 2023 / Oct 2026
Ref no:	34/2164/V2



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.

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

Food Group	Little or none (allowed)	Low In Oxalates (allowed)	Moderate In Oxalates (limit)	High In Oxalates (avoid)	Very High in Oxalates (avoid)
Fruits	Apples, apricots, dried cranberries, red or green grapes, lemon, melon, nectarine, papayas, peaches, fruit cocktail, mango, plums	Dried apricots, bananas, cherries, lime, pears, pineapple, strawberries, coconut, blackberries, blueberries,	Canned cherries, cranberries, blackcurrants, purple plums, figs, prunes	Tangerines, red currants, chicory, orange peel	Avocado, grapefruit, oranges, dried prunes, rhubarb
Veggies	Cabbage, bok choy, kale, cauliflower, zucchini, corn, cucumber, endive, lettuce (iceberg, romaine), mushrooms, onions, peas, radish, chives	yellow squash, chayote, peppers	Artichoke, asparagus, broccoli, summer squash, green pepper, hot chilli peppers, carrots (cooked), tomato, green beans, baked beans, eggplant	Celery (cooked), collard greens, lima beans, escarole, beans (wax dried), leeks, parsley, Swiss chard, watercress, dried beans	Potatoes (fried, mashed, baked with skin), potato salad, sweet potato, bamboo shoots, brussels sprouts, rutabagas, carrots (raw), celery (raw), parsnips, turnips, beets, okra, beet greens, spinach (raw and cooked)
Breads, cereals, grains	Saltine or soda crackers	Egg noodles, cornbread, oatmeal, white or wild rice (cooked), graham crackers, cooked or dried cereals (without nuts or bran) crackers with unsalted tops,	English muffins, white bread, rye bread, whole wheat bread	Spaghetti, white corn flour, soybean products	Cornmeal, brown rice (cooked), bagel, all bran cereal, amaranth, buckwheat flour, wheat germ and bran, grits
Meat, fish, poultry	Sardines, meat fish, poultry, bacon, hot dogs, ham, canned fish, shellfish	Chicken nuggets, meatballs, turkey dogs, bratwurst sausages		Soy burger	
Soup		Homemade soup (using the recommended veggies and meats) chicken noodle soup, tomato soup, cheese soup	Vegetable beef soup		Clam chowder, lentil soup, miso soup

Desserts	Ice cream (vanilla), ice cream (low fat), non-fat ice cream	Pudding without chocolate or nuts (vanilla pudding, tapioca pudding), candies without chocolate or nuts	Chocolate chip cookies (low fat), vanilla wafers	Chocolate chip cookies, chocolate cake, fruitcake, carob, chocolate, marmalade	Cakes (store brand and homemade)
Fats and oils	Mayonnaise, salad dressing	Oil, lard, margarine			
Dairy	Cream cheese (low fat and fat free), Cheddar cheese, cottage cheese, mozzarella cheese, butter, whipped cream, eggs, egg whites, egg replacement, yogurt with fruit, frozen yogurt	Cream sauce, cream, plain yogurt			
Nuts and seeds	Flaxseed			Pecans, sunflower seeds, macadamia nuts, sesame seeds, poppy seeds	Almonds, cashews, pistachios, peanuts, pumpkin seeds, walnuts, tahini paste, nut butters, peanut butter
Other foods	Jellies/jams (made with the fruits above)	Lemon or lime juices, artificial sweetener, sugar, seasoning blends, herbs (garlic powder, onion powder), vinegar, soy sauce	Pretzels (hard and salted), chilli powder	Tomato paste	Stevia sweetener, potato chips, miso, firm tofu
Drinks	Wine (red and white), Milk (1%, 2% and whole) sodas (all types) buttermilk, sweetened instant iced tea	Beer (regular and light), fruit Juice (apple, apricot, pineapple, grapefruit, mango), rice milk,	Chocolate drink, prune juice, Ovaltine	Hot cocoa	Soy milk Veggie juices (carrot, tomato) hot chocolate, tea