

Oxalate in Food

This handout lists some common types of food and food products you can refer to in order to help you manage oxalate in your diet.

Vegetables:

Good Choices (1 to 4 mg Oxalate)			Not Good Choices – High Oxalate		
Alphabetical Order	Portion	Oxalate	Alphabetical Order	Portion	Oxalate
Alfalfa sprouts	½ cup	0 mg	Bamboo shoots	1 cup	35 mg
Bok choy (raw)	1 cup	1 mg	Beans (fava)	½ cup	20 mg
Broccoli	½ cup	1 mg	Beans (kidney)	½ cup	15 mg
Brussel sprouts	½ cup	2 mg	Beans (navy)	½ cup	76 mg
Cabbage	½ cup	1 mg	Beans (refried)	½ cup	16 mg
Cauliflower (cooked)	½ cup	1 mg	Beets	½ cup	76 mg
Celery (raw)	1 stalk	3 mg	French fries	½ cup	51 mg
Corn	½ cup	1 mg	Olives	10	18 mg
Cucumber	¼	1 mg	Okra	½ cup	57 mg
Endive	½ cup	0 mg	Parsnip	½ cup	15 mg
Green Pepper	1 ring	1 mg	Potato (baked with skin)	1 medium	97 mg
Kale (chopped)	1 cup	2 mg	Potato (chips)	1 ounce	21 mg
Lettuce	1 cup	0 mg	Potato (mashed)	1 cup	29 mg
Mung beans	½ cup	3 mg	Potato (salad)	½ cup	25 mg
Mushrooms	1	0 mg	Potato (sweet)	1 cup	28 mg
Onions	1 small	0 mg	Rhubarb	½ cup	541 mg
Peas	½ cup	1 mg	Rutabaga (mashed)	½ cup	31 mg
Radish	10	0 mg	Spinach (cooked)	½ cup	755 mg
Rapini (chopped)	1 cup	4 mg	Spinach (raw)	1 cup	656 mg
Squash	½ cup	1 mg	Tomato sauce	½ cup	17 mg
Water chestnuts	4	0 mg	Turnip	½ cup	30 mg
Zucchini	½ cup	1 mg	Yam	½ cup	40 mg
Moderate Choices					
Artichoke	1 small bud	5 mg			
Asparagus	4 spears	6 mg			
Carrot (cooked)	½ cup	7 mg			
Carrot (raw)	½ large	10 mg			
Celery (cooked)	1 cup	10 mg			
Collards	1 cup	10 mg			
Mixed vegetables	½ cup	5 mg			

Conversion Table for Amounts:

½ cup	125 ml	1 ounce	28 grams
1 cup	250 ml	1 tablespoon	15 ml

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Fruit:

Good Choices (1 to 3 mg)			Not Good Choices – Higher Oxalate		
Alphabetical Order	Portion	Oxalate	Alphabetical Order	Portion	Oxalate
Apple	1	1 mg	Avocado	1	19 mg
Apple juice	6 ounces	2 mg	Carrot juice	1 cup	27 mg
Applesauce	1 cup	2 mg	Date	1	24 mg
Apricot	1	1 mg	Figs (dried)	5	24 mg
Apricot juice	1 cup	2 mg	Figs (fresh)	1	9 mg
Banana	1	3 mg	Grapefruit	½	12 mg
Blackberries	½ cup	2 mg	Kiwi	1	16 mg
Blueberries	½ cup	2 mg	Orange	1	29 mg
Cantaloupe	¼	1 mg	Pineapple (dried)	½ cup	24 mg
Cherries	1 cup	3 mg	Pineapple (canned)	½ cup	30 mg
Grapes	½ cup	1 mg	Prune juice	1 cup	7 mg
Grape juice	1 cup	1 mg	Raspberries	1 cup	48 mg
Lemon	1 wedge	1 mg	Tomato juice	1 cup	14 mg
Lime	½	3 mg	V8 juice	1 cup	18 mg
Mango	1	1 mg			
Mango juice	1 cup	1 mg			
Melon (honeydew)	1 cup	1 mg			
Nectarine	1	0 mg			
Orange juice	1 cup	2 mg			
Papaya	1 medium	1 mg			
Peach	1	0 mg			
Pear	1	2 mg			
Pineapple juice	1 cup	3 mg			
Plum	1	0 mg			
Strawberries	½ cup	2 mg			
Watermelon	1 slice	1 mg			

Cereal:

Good Choices – Low Oxalate		Not Good Choices – Higher Oxalate	
Cheerios	Honey Bunches of Oats	All Bran	Raisin Bran
Cocoa puffs	Oat Bran Flakes	Cereals with nuts and/or dried fruit	Red River
Cornflakes	Oatmeal	Corn grits	Shredded Wheat
Corn Pops	Puffed Rice	Cream of Wheat	
Crispix	Puffed Wheat	Frosted Mini Wheats	
Frosted Flakes	Rice Chex	Mueslix	
Fruit Loops	Wheetabix	Oatmeal Crisp with Almonds	

Note: Natural or raw corn bran and natural or raw oat bran are low in oxalate.

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Soy: It is difficult to find reliable information on the amount of oxalate in soy products however the examples below show that soy is **high in oxalate**.

Product	Portion	Oxalate
Soybeans / Edamame	1 cup of whole pods	7 mg
Soy beverage	1 cup	336 mg
Soy burger	3.5 ounce patty	58 mg
Soy cheese	1 ounce	16 mg
Soy nuts	1 ounce	392 mg
Soy yogurt	1 cup	113 mg
Tempeh	3 ounces	23 mg
Textured Vegetable Protein (TVP)	3 ounces	496 mg
Tofu (firm with calcium)	3 ounces	235
Veggie burger	1 patty	24 mg

Nuts and Seeds:

Alphabetical Order	Portion	Oxalate
Almond	22 kernels	122 mg
Candies with nuts e.g., Snickers	2 ounces	38 mg
Cashew	18 (1 ounce)	49 mg
Flaxseed	1 tablespoon	0 mg
Peanut	1 ounce	27 mg
Peanut butter	1 tablespoon	13 mg
Pistachio	48 (1 ounce)	14 mg
Pumpkin seeds	1 cup	17 mg
Sunflower seeds	1 cup	12 mg
Tahini	1 tablespoon	16 mg
Trail mix	1 ounce	15 mg
Walnuts	7 whole walnuts in shells	31 mg

Other Food High in Oxalate:

Product	Portion	Oxalate	Product	Portion	Oxalate
Brownie	1 ounce (½)	31 mg	Lentil soup	1 cup	39 mg
Chili with beans	1 cup	24 mg	Miso	1 cup	38 mg
Chocolate syrup	2 tablespoons	38 mg	Miso soup	1 cup	111 mg
Cocoa powder	4 teaspoons	67 mg	Stuffing	1 cup	36 mg
Fudge sauce	2 tablespoons	28 mg	Taco with meat	1	12 mg
Hot chocolate	1 cup	65 mg			

Brown rice flour, bulgur, buckwheat, cornmeal, soy flour and wheatberries are all high in oxalate.

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Snacking – Low in oxalate:

Product	Portion	Oxalate
Air popped popcorn	1 cup	4 mg
Apple butter	1 tablespoon	0 mg
Dried apple	½ cup	1 mg
Dried cranberry	½ cup	1 mg
Granola bar – hard and plain with no nuts	1	1 mg
Saltine cracker	1	1 mg
Triscuit cracker	1	1 mg
Wheat cracker	1	1 mg

Beverages:

- **Good choices** include coffee, decaffeinated coffee, sweetened instant ice tea, beer, liquor, wine, diet lemonade, Gatorade, Kool-Aid.
- **Poor choices** of higher oxalate beverages include lemonade made from frozen concentrate and brewed tea.

More to know:

- Meat, chicken and fish are not sources of oxalate.
- Milk, hard cheese, yogurt, ice cream, sour cream, cream cheese, cottage cheese, buttermilk, custard and pudding do not contain oxalate.
- Chocolate milk however has 7 mg in 1 cup.