### Low Oxalate Meal Plan

#### Little or No Oxalate
- **<2 mg per serving**
  - Eat as desired.

  **Beverages & Juices:**
  - Apple juice
  - Grapefruit juice
  - Lemonade
  - Pineapple juice
  - Coke/Pepsi (12 oz/day)

  **Water encouraged**
  - Distilled alcohol, bottle beer, and red or rose wine is also allowed on occasion

  **Milk (2 cups or more):**
  - Low fat milk
  - Low fat or fat free yogurt
  - Skim milk
  - Buttermilk

#### Moderate Oxalate
- **2-10 mg per serving**

  **Beverages & Juices:**
  - Coffee (any kind, 8 oz/serving)
  - Cranberry juice
  - Orange juice

  **Meat Group:**
  - Eggs
  - Lean lamb
  - Beef or pork
  - Cheese
  - Poultry
  - Seafood

  **Vegetables:**
  - Brussels sprouts
  - Cauliflower
  - Cabbage
  - Mushrooms
  - Onions
  - Peas
  - Potatoes
  - Radishes
  - Chives

  **Fruits:**
  - Avocado
  - Bananas
  - Grapefruit
  - Mangoes
  - Nectarines
  - Bing cherries
  - Melons: Cantaloupe, Casaba, Honeydew, Watermelon

  **Breads & Starch:**
  - Cornflakes
  - Macaroni
  - Noodles
  - Oatmeal
  - Rice
  - Spaghetti
  - White bread

  **Fats:**
  - Bacon
  - Mayonnaise
  - Salad dressing
  - Vegetable oil

#### High Oxalate
- **>10 mg per serving**

  **Beverages & Juices:**
  - Draft beer,
  - Juices containing berries not allowed
  - Oatmeal & other beverage mixes
  - Tea, and Cocoa

  **Meat Group:**
  - Sardines
  - Peanut butter
  - Soybean curd
  - Tofu

  **Vegetables:**
  - Asparagus
  - Broccoli
  - Carrots
  - Corn
  - Iceberg lettuce
  - Lima beans
  - Tomato (1 small)
  - Turnips

  **Fruits:**
  - Apple
  - Apricots
  - Oranges
  - Peaches
  - Pineapple
  - Italian prunes
  - Black currants
  - Red sour cherries

  **Breads & Starch:**
  - Cornbread
  - Sponge cake
  - White bread
  - Soybean crackers
  - Wheat germ

  **Fats:**
  - Nuts
  - Peanuts
  - Pecans

### Extra
- Jelly (made with allowed fruit)
- Lemon or Lime juice
- Salt & Pepper (1 tsp/day)
- Sugar
- Soup with allowed ingredients

- Chocolate
- Cocoa
- Pepper (more than 1 tsp/day)
- Vegetable soup
- Tomato sauce and tomato soup
**Calcium Oxalate Stone Diet:**

Your stone appears to be the most common type of stone and is made from a mixture of calcium oxalate monohydrate and calcium oxalate dihydrate stone particles. The dietary restrictions below will help you manage your diet in an attempt to control your stone disease.

1. Your fluid intake needs to increase to 2-3 liters of water per 24 hours. This is equivalent to 6-10 12-oz glasses of water per day, or enough fluid to fill a 2-liter container with urine.

2. Decreased caffeine intake will also assist you in your stone management. Caffeine intake is somewhat controversial. Large amounts of caffeine in coffee, tea, cokes, and chocolate can cause a diuretic effect and cause you to urinate out more water in a day than you take in orally. A “single” cup of coffee or glass of tea or soft drink may not be a problem. Caffeine increases calcium excretion.

3. Lemonade and orange juice made from concentrated juice may actually “prevent” kidney stone disease. An intake of 1-2 liters is needed per day. Lemonade mixes are acceptable.

4. Grapefruit juice is high enough in oxalate that it can actually contribute to stone disease. Cranberry juice does not prevent kidney stones and may be high enough in oxalate to contribute to your stone disease.

5. You need to be on a low salt diet. High salt intake contributes to stone formation.

6. A low calcium diet would contain less than 500 -1,000 mg of calcium per day. Your limited amounts of dairy products including milk, cheese, ice cream, and frozen yogurt are acceptable as sources of calcium to prevent osteoporosis. Excess intake of dairy products or calcium fortified foods in excess of 2,000 mg/day, can lead to stone formation.

7. Vitamin C in doses higher than 2,000 mg/day can lead to stone formation.

8. Adults not getting enough dietary calcium may take Citracal with Vitamin D. Citracal is an over the counter calcium supplement. This form of calcium is much less likely to cause stones than Tums or Rolaids.

9. Sprite, 7-Up, Crystal Light, Kool-Aid, and Lemonade will increase urinary citrate levels.

**Low Meat Protein Diet:**

Diets high in animal protein (beef, pork, or poultry) can lead to worsening of stone disease. It is recommended that you not have more than 4 oz. of meat per meal. A 4-oz. meat portion is approximately the size of a deck of playing cards.

**Dietary Tips:**

1. Reduce animal protein intake.
2. Reduce your intake of salt.
3. Reduce your intake of oxalate content to 40-50 mg/day.
4. Encourage fluids in order to reduce the concentration of calcium and oxalate ions in the urine.