

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

Note: 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

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 Grapes
Mangoes Peaches
Nectarines Plums
Bing cherries
Melons: Cantaloupe, Casaba,
Honeydew, Watermelon

Breads & Starch:

Cornflakes Macaroni
Noodles Oatmeal
Rice Spaghetti
White bread

Fats:

Bacon
Mayonnaise
Salad dressing
Vegetable oil

Extra:

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

Moderate Oxalate

2-10 mg per serving

Beverages & Juices:

Coffee (any kind, 8 oz/serving)
Cranberry juice
Grape juice
Orange juice
Tomato juice

Meat Group:

Sardines

Vegetables:

Asparagus
Broccoli
Collards
Corn
Cucumber
Iceberg lettuce
Lima beans
Tomato (1 small)
Turnips

Fruits:

Apple Apricots
Oranges Peaches
Pineapple Pear
Italian prunes
Black currants
Red sour cherries

Breads & Starch:

Cornbread
Sponge cake

Fats:

Extra:

High Oxalate

>10 mg per serving

Avoid

Beverages & Juices:

Draft beer,
Juices containing berries not allowed
Ovaltine & other beverage mixes
Tea, and Cocoa

Meat Group:

Peanut butter
Soybean curd
Tofu

Vegetables:

Beets Celery
Swiss Chard Eggplant
Collards Kale
Escarole Mustard Greens
Leeks Parsley
Okra Spinach
Green Peppers Sweet Potatoes
Rutabagas Watercress
Summer squash Dried green beans

Fruits:

Blackberries Blueberries
Red currants Fruit cocktail
Goose berries Lemon peel
Lime peel Orange peel
Raspberries Rhubarb
Strawberries Tangerine
Concord grapes

Breads & Starch:

Grits Fruit cake
White corn
Soybean crackers
Wheat germ

Fats:

Nuts
Peanuts
Pecans

Extra:

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 Roloids.
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.