

DURWARD BLACK, MD

Low Oxalate Foods	Mg	Medium Oxalate Foods	Mg	High Oxalate Foods	Mg
Beverages		Beverages		Beverages	
<2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Coffee, Decaf	1mg / 8oz	Beer, Light	3mg / can	Hot Chocolate	65mg / 8oz
Coffee, Decaf	2mg / 8oz	Beer, Reg	4mg / can	Ovaltine / Beverage Mixes	35mg / 1oz / 30ml / 2Tbsp
Coke / Pepsi 12oz per day	0mg / 8oz	Brewed Coffee	2-10mg / 3.5oz	Rice Milk	13mg / 8oz
Gatorade but has high salt	0mg / 8oz	Green Tea	2-10mg / 3.5oz	Rose Hip Tea	10-50mg / 3.5oz
Ginger Ale	0-2mg / 3.5oz	Lemon Juice / Bottled	4mg / 8oz	Soy Milk	20mg / 8oz
Koolaid	0mg / 8oz	Liquor	0mg / 1oz	Stevia Sweetener	42mg / 1 packet
Root Beer	0-2mg / 3.5oz	Milk Chocolate Candies	5mg / 1oz	Tea, Black / 2 min Infusion	55mg
Tea, Fennel	0-2mg / 3.5oz	Wine, Red	1mg / 4oz	Tea, Black / 4 min Infusion	72mg
Tea, Lemon Balm	0-2mg / 3.5oz	Wine, White	0mg / 4oz	Tea, Black / 6 min Infusion	78mg
Tea, Oolong	0-2mg / 3.5oz				
Tea, Red Raspberry	0-2mg / 3.5oz				
Tea, Stinging Nettle	0-2mg / 3.5oz				

Milk	Mg	Milk	Mg	Milk	Mg
< 2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Butter	0mg / 1 pat	Chocolate Milk	7mg / 8oz		
Buttermilk	1mg / 8oz				
Cheese / American, Cheddar, Cottage, Mozzarella	0-1mg / 3.5oz				
Coffee Creamer	0mg / 15cc				
Cream	0mg / 1tsp / 15ml				
Cream Cheese	0mg / 1oz				
Cream Sauce	3mg / 8oz				
Cream Substitute	0mg / 1tsp / 15ml				
Low Fat 2% Milk, 2 Cups / 8oz per Cup	1mg / 8oz				
Nondairy Cramer	0mg / 15cc				
Powdered Milk	3mg / 8oz				
Skim Milk 1%	1mg / 8oz				
Sour Cream	0mg / 15cc				
Vanilla Ice Cream / Light / Nonfat	0mg / 15cc				
Whey Fluid, Sweet	1mg / 8oz				
Whey, Sweet Dried	0mg / 1tsp / 15ml				
Whipped Cream	0mg / 1oz				
Whipped Topping	0mg / 1oz				
Yogurt / Frozen / Nonfat / Low Fat	1mg / 8oz				
Yogurt / Plain	2mg / 8oz				

Meat / Nuts / Protein	Mg	Meat / Nuts / Protein	Mg	Meat / Nuts / Protein	Mg
< 2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Antelope	0mg / 3oz	Fish Sticks	3mg / 2 sticks	Almonds	122mg / oz
Bacon	0mg / 2 slices	Tuna Salad	6mg / 8oz	Candies with Nuts	38mg / 2oz
Beef, Ground	0mg / 3oz			Cashews	49mg / 1oz
Bologna	0mg / slice			Hazelnut	>50mg / 3.5oz
Buffalo	0mg / 3oz			Liver	10-50mg / 3.5oz serving
Chicken	0mg / 3oz			Macadamia Nuts	21mg / 3.5oz
Chicken Dog	1mg / dog			Mixed Nuts	39mg / 1oz
Chicken Liver	0mg / 3oz			Peanuts	27mg / 1oz
Chicken Nuggets	3mg / 6 nuggets			Pecans	10mg / 1oz
Egg Beaters	0mg / 4oz			Pistachios	14mg / 1oz
Eggs	0 / 1 medium			Pumpkin Seeds	17mg / 8oz
Goat	0mg / 3oz			Sesame Seeds	>50mg / 3.5oz
Ham	0mg / 3oz			Soy Burger	12mg / 3.5oz
Hot Dog	1mg / 1 dog			Soy Nuts	392mg / 1oz
Lamb, Lean	0mg / 3.5oz			Soy Yogurt	113mg / 8oz
Lean Hamburger 75%	0mg / 3oz			Sunflower Seeds	12mg / 8oz
Lean Hamburger 85%	0mg / 3oz			Tofu	13mg / 3.5oz
Lean Hamburger 90%	1mg / 3oz			Trail Mix	15mg / oz
Liver	0mg / 3oz			Veggie Burger	24mg / 1 patty
Meatballs	2mg / 2 balls			Walnuts	31mg / .oz
Moose	0mg / 3oz				
Pork	0mg / 3oz				
Turkey Dogs	3mg / 1 dog				
Turkey Dogs	0mg / 3oz				
Wild Game	0mg / 3oz				

Seafood	Mg	Seafood	Mg	Seafood	Mg
< 2mg Per Serving		2-10mg Per Serving		2-10mg Per Serving	
Blue Fish	1mg / 3oz				
Clams, Raw	0mg / 3oz				
Cod, Pacific	0mg / 3oz				
Flounder	0mg / 3oz				
Haddock	0mg / 3oz				
Halibut	0mg / 3oz				
Herring	1mg / 3oz				
King Crab	0mg / 3oz				
Mackerel	0mg / 3oz				
Oysters	0mg / 3oz				
Pollock	0mg / 3oz				
Salmon	0mg / 3oz				
Sardines	0mg / 3oz				
Shrimp	0mg / 3oz				
Swordfish	0mg / 3oz				
Tuna in Oil or Water	0mg / 3oz				
Whiting	0mg / 3oz				

Vegetables	Mg	Vegetables	Mg	Vegetables	Mg
< 2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Alfalfa Sprouts	0mg / 4oz	Beans, Mung	8mg / 4oz	Bamboo Shoots	35mg / 4oz
Bell Pepper, Red	1mg / 3.5oz	Artichokes	5mg / 1 small	Beans, Fava	20mg / 4oz
Broccoli, Raw	3mg / 3.5oz	Asparagus	6mg / 4 spears	Beans, Navy	76mg / 4oz
Brussel Sprouts	0-2mg / 3.5oz	Beans, Baked, Canned	8mg / 3.5oz	Beans, Red Kidney	15mg / 4oz
Cabbage	1mg / 8oz	Broccoli	6mg / 4oz	Beans, Refried	16mg / 4oz
Cauliflower	1mg / 4oz	Carrots, Cooked	7mg / 4oz sliced	Beet Greens	610mg / 3.5oz
Chinese Cabbage	1mg / 8oz	Corn	5mg / 3.5oz	Beets	675 / 3.5oz
Chives	0mg / 1tsp / 5cc	Cucumber		Brussel Sprouts	17mg / 4oz
Corn	1mg / 4oz	Ginger		Carrots, Raw	15mg / 1 / 2 lg carrot
Cucumber	1mg / 1 / 4 cucumber	Lima Beans		Celery	20mg / 3.5oz
Cucumber	0-2mg / 3.5oz	Linseed	2-10mg / 3.5oz	Collards	74mg / 3.5oz
Endive	0mg / 4oz	Mushrooms	2-10mg / 3.5oz	Dandelion Greens	24mg/3.5 / oz
Fennel Leaves	0-2mg / 3.5oz	Mustard Greens	4mg / cup chopped	Eggplant	18mg / 3.5oz
Green Chives	0-2mg / 3.5oz	Peppers, Chill, Hot	5mg / 4oz	Escarole	31mg / 3.5oz
Iceberg Lettuce	0mg / 8oz	Radish	9mg / 3.5oz	Green Peppers	16mg / 3.5oz
Kale	2mg / 8oz	Red Cabbage	2-10mg / 3.5oz	Kale	13mg / 3.5oz
Kohlrabi	0-2mg / 3.5oz	String Beans / Green Beans	15mg / 4oz	Leeks	89mg / 3.5oz
Mushrooms	0mg / 1 mushroom	Thyme	2-10mg / 3.5oz	Lentils	>50mg / 3.5oz
Onions	0mg / 1 small	Tomato 1 Medium	7mg	Okra	57mg / 4oz
Peas	1mg / 4oz	Yellow Squash	4mg / 4oz	Olives	18mg / 10 pieces
Pickles	0mg / 1 pickle			Olives, Black	18mg / 3.5oz
Radishes	0mg / 10 count			Parsley	100mg / 3.5oz / 100gram
Romaine Lettuce	0mg / 8oz			Parsnips	15mg / 4oz
Sauerkraut	0mg / 4oz			Peas, Snow	30mg / 3.5oz
Scallions	0mg / 4oz			Peas, Sugar Snap	60mg / 3.5oz
Squash / Acorn	0mg / 4oz			Poke Greens	>50mg / 3.5oz
Water Chestnuts	0mg / 4 chestnuts			Rhubarb	541mg / 4oz
Zucchini	1mg / 4oz			Rutabagas	31mg / 4oz
				Soybeans	96mg / 8oz
				Spinach	600mg / 3.5oz
				Spinach, Cooked	755mg / 3.5oz
				Spinach, Raw	750mg / 3.5oz
				Summer Squash	22mg / 3.5oz
				Swiss Chard	645mg / 3.5oz
				Tempeh	10-50mg / 3.5oz
				Tomato Juice	22mg / 3.5oz
				Tomato Juice	14mg / 8oz
				Turnips	30mg / 4oz
				V8	18mg / 8oz
				Watercress	10mg / 3.5oz
				Yams	40mg / 4oz

Fruits	Mg	Fruit	Mg	Fruits	Mg
< 2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Apple Juice	2mg / 6oz	Apples, Green	2-10mg / 3.5oz	Avocado	19mg / 1 fruit
Apple, Red	1mg / 3.5oz	Apricots	2-10mg / 3.5oz	Black Berries	18mg / 4oz
Apples, Dried	2mg / 8oz	Bananas	2-10mg / 3.5oz	Blue Berries	15mg / 4oz
Apricot Juice	2mg / 8oz	Cherry, Sweet	2-10mg / 3.5oz	Carrot Juice	27mg / 8oz
Apricots	0-2mg / 3.5oz	Huckleberry	2-10mg / 3.5oz	Concord Grapes	25mg / 1oz
Apricots, Dried	3mg / 8oz	Kumquat	2-10mg / 3.5oz	Cranberry Juice	25mg / 4oz
Bananas	3mg	Mandarin Orange	2-10mg / 3.5oz	Currents, Red	19mg / 1oz
Bilberries	2-10mg / 3.5oz	Peaches	2-10mg / 3.5oz	Currents, Red	19mg / 1oz
Cantaloupe	1mg / 1 / 2 melon	Pears	2-10mg / 3.5oz	Dates	24mg / date
Casaba	0mg / 8oz	Pineapple Juice	3mg / 8oz	Dewberries	10-50mg / 3.5oz
Cherries, Bing	3mg / 8oz	Prune Juice	7mg / 8oz	Elderberry	>50mg / 3.5oz
Cherries, Bing Sour	2-10mg / 3.5oz	Prunes, Italian	5.8mg / 3.5oz	Figs	>50mg / 3.5oz
Cherries, Canned	7mg / 4oz			Figs, Dried	24mg / 5 figs
Coconut	2-10mg / 3.5oz			Gooseberries, Red	10-50mg / 3.5oz
Cranberries, Dried	1mg / 4oz			Gooseberries / Kiwi Fruit	88mg / 3.5oz
Cranberry Juice Cocktail	1mg / 3.5oz			Grape Juice	24mg / 4oz
Currants, Black				Grapefruit	12mg / half
Figs	9mg / 1 med			Lemon Peel	83mg / 3.5oz
Fruit Cocktail	0-1mg / 4oz			Lemonade, From Concentrate	15mg / 8oz
Grape Juice	1mg / 8oz			Lime Peel	110mg / 3.5oz
Grapefruit Juice	1mg / 8oz			marmalade	10mg / 3.5oz
Grapes	1mg / 8oz			Orange Peel	
Honey Dew	1mg / 8oz			Oranges	29mg / fruit
Lemon Wedge	1mg			Pineapple, Canned	24mg / 4oz
Lemonade, Diet	1mg / 8oz			Pineapple, Dried	30mg / 4oz
Lime	3mg / half fruit			Plums, Damson	10mg / 3.5oz
Mango Juice	1mg / 8oz			Prunes, Dried	
Mango	1mg / fruit			Raspberries	48mg / 8oz
Melons, All Types	2-10mg / 3.5oz			Raspberries, Black	53mg / 3.5oz
Nectarines	0mg / fruit			Raspberries, Red	15mg / 3.5oz
Nectarines	2-10mg / 3.5oz			Rhubarb	600mg / 3.5oz
Orange Juice	2mg / 8oz			Star Fruit	>50mg / 3.5oz
Papaya	1mg / med fruit			Strawberries	10mg / 3.5oz
Passion Fruit	2-10mg / 3.5oz			Tamarillo	10-50mg / 3.5oz
Peaches	0mg / fruit			Tangerine	10mg / fruit
Pear	2mg / 1 fruit				
Plantain	0mg / med fruit				
Plums	0mg / 1 fruit				
Plums, Green and Yellow	2-10mg / 3.5oz				
Raisins	3mg / 4oz				
Red Current Juice	2-10mg / 3.5oz				
Watermelon	0-1mg / slice				

Bread / Starch	Mg	Bread / Starch	Mg	Bread / Starch	Mg
< 2mg Per Serving		2-10mg Per Serving		> 10mg Per Serving	
Corn Bran	0mg / 8oz	Bagel, Plain	9mg / 1	All Purpose Flour	17mg / 8oz
Corn Flakes	2mg / 3.5oz	Biscuit	6mg / 1	Amaranth	>50mg / 3.5oz
Corn Starch	3mg / 4oz	Corn Flour	3mg / 8oz	Amalg, New York	40mg
Flaxseed	0mg / 15cc	Cornbread	4mg / 1 slice	Barley Flour	41mg / 8oz
Flour, Barley Malt	0mg / 8oz	Cracker, Triscuit	1mg / cracker	Bread, French	11mg / 3.5oz
Oat Bran, Raw	0mg / 3oz	Cracker, Wheat Thins	1mg / cracker	Bread, Pita	18mg / 3.5oz
Oat Flour	0mg / 8oz	Crackers, Graham	2mg / rectangle	Bread, Pumpnickel	22mg / 3.5oz
Rice, Wild	0-2mg / 3.5oz	Crackers, Ritz	3mg / crackers	Bread, Rye	21mg / 3.5oz
		Crackers, Saltines	1mg / cracker	Bread, White	14mg / 3.5oz
		English Muffin, Multi Grain	8mg / 1	Bread, Whole Wheat	27mg / 3.5oz
		English Muffin, Wheat	7mg / 1	Brown Rice	24mg / 8oz
		Flour, White Corn	3mg / 8oz	Brown Rice Flour	65mg / 8oz
		Hummus	4mg / 15ml	Buckwheat	>50mg / 3.5oz
		Macaroni and Cheese	4mg / 8oz	Buckwheat Groats	133mg / 8oz
		Macaroni, Boiled	7mg / 3.5oz	Bulgur, Cooked	86mg / 8oz
		Muffin, Blueberry	9mg / 1	Bun, Hot Dog	11mg / 3.5oz
		Muffin, Bran	5mg / 1	Commeal	64mg / 8oz
		Muffin, Low Fat	5mg / 1	Couscous	15mg / 8oz
		Oat Bran Bread	4mg / 1 slice	English Muffin	12mg
		Oatmeal Bread	4mg / 1 slice	French fries	51mg / 4oz
		Rye Bread	7mg / 1 slice	French toast	13mg / 2 slices
		Sponge Cake	7.5 / 3.5oz	Fruit Cake	12mg / 3.5oz
		Tortillas, Flour	8mg / 1	Grits, Corn	97mg / 8oz
		Tortillas, Corn	7mg / 1	Lasagna	23mg / 4oz
		Vanilla Wafer	8mg / 3.5oz	Millet, Cooked	62mg /