

Avoid these High-oxalate Foods and Drinks

High-oxalate foods have more than 10 mg of oxalate per serving

Drinks Dark or "robust" beer Black tea Chocolate milk Cocoa Instant coffee Hot chocolate Juice made from high oxalate fruits (see below for high oxalate fruits) Ovaltine Soy drinks	Dairy Chocolate milk Soy cheese Soy milk Soy yogurt
Fats, Nuts, Seeds Nuts Nut butters Sesame seeds Tahini Soy nuts	Meat None
Starch Amaranth Buckwheat Cereal (bran or high fiber) Crisp bread (rye or wheat) Fruit cake Grits Pretzels Taro Wheat bran Wheat germ Whole wheat bread Whole wheat flour	Fruit Blackberries Blueberries Carambola Concord grapes Currants Dewberries Elderberries Figs Fruit cocktail Gooseberry Kiwis Lemon peel Lime peel Orange peel Raspberries Rhubarb

	<p>Canned strawberries Tamarillo Tangerines</p>
<p>Vegetables</p> <p>Beans (baked, green, dried, kidney) Beets Beet greens Beet root Carrots Celery Chicory Collards Dandelion greens Eggplant Escarole Kale</p>	<p>Vegetables continued</p> <p>Leeks Okra Olives Parsley Peppers (chili and green) Pokeweed Potatoes (baked, boiled, fried) Rutabaga Spinach Summer squash Sweet potato Swiss chard Zucchini</p>
<p>Condiments</p> <p>Black pepper (more than 1 tsp.) Marmalade Soy sauce</p>	