

How to Use This Oxalate List



A strict low oxalate diet is NOT recommended for people with kidney stones.

There is no research to show a low oxalate diet prevents kidney stones.

It might lower urine oxalate, but it makes it impossible to eat enough healthy fruits, vegetables, whole grains & plant protein foods that are GOOD for kidney stones.

Ask YOUR kidney stone dietitian what is best for you.

Kidney Stone Nutrition

There is no single “kidney stone diet”. Nutrition for people with kidney stones is different for every single person depending on their [24-hour urine test](#). Even people with the same TYPE of kidney stone will have different things going on in their urine that is causing kidney stones FOR THEM. Without knowing your urine chemistry, any changes you make to prevent kidney stones are JUST A GUESS.

Oxalate & Kidney Stones

Oxalate kidney stones make up about 75% of kidney stones in the United States. However, not everyone with oxalate kidney stones has high urine oxalate. Most kidney stones are caused by high urine calcium – not oxalate. Being sure to eat the right amount of [salt](#), [non-dairy animal protein](#) and added sugar can all help reduce urine calcium.

Even if you do have high urine oxalate, there are much healthier ways to get it down than a strict low oxalate diet. Here are the best ways to reduce urine oxalate:

- **Eat Enough Calcium**

Calcium binds to oxalate and reduces oxalate absorption...a lot! Ideally, eat 3 servings of high calcium foods, one with each meal. This is the most effective way to lower urine oxalate and helps protect your bones! [Learn more about calcium and kidney stones](#).

- **Do Not Take Vitamin C Supplements**

Your liver can make oxalate from excess vitamin C. While it is hard to get too much vitamin C from food, it is easy to get too much from supplements.

- **Avoid Too Much Non-Dairy Animal Protein**

Your liver can also make oxalate from eating too much protein from foods like beef, pork, chicken, fish and seafood. [Learn more about protein and kidney stones.](#)

- **Avoid large amounts of VERY high oxalate foods**

For most people, simply limiting foods highest in oxalate (aka spinach, beets, rhubarb, navy beans), along with eating enough calcium, is more than enough to lower urine oxalate to safe range.

What DOES Prevent Kidney Stones?

Every study has found fewer kidney stones in people who eat LOTS of fruits, vegetables, whole grains, nuts, beans, seeds – with enough calcium. The Mediterranean Diet and the DASH diet are most well-known to reduce kidney stone risk. These diets are very high in oxalate.

How can eating MORE oxalate help oxalate kidney stones!? Oxalate is only part of the kidney stone story. Healthy plant foods like fruits, vegetables, whole grains and plant proteins certainly have oxalate in them, but they are also PACKED with SO MANY things GOOD for kidney stones (and general health). Research suggests that these benefits MASSIVELY outweighs the higher oxalate content– assuming you are eating well-balanced diet with [enough calcium](#).

In fact, because a low oxalate diet lacks all of these good things, [a strict low oxalate diet could make kidney stones worse.](#)

How Should I Use This List?

This list should be used as a reference ONLY and not as a “good” or “bad” food list. This list simply tells you how much oxalate may be in a food. As you review this list, keep in mind that a low oxalate diet is not ideal for kidney stone prevention and that [a healthy diet for oxalate kidney stone prevention IS MUCH MORE than oxalate.](#)

Ultimately, nutrition must be individualized to your urine risk factors for it to REALLY prevent kidney stones. [Learn how The Kidney Dietitian can help!](#)

Oxalate Food List

	Low Oxalate 10 mg or less per serving	Medium Oxalate 11-29 mg per serving	High Oxalate 30 mg or more per serving
Grains	Barley, ½ cup cooked, 0mg Bread, oat, 1 slice, 6mg Bread, rye, 1 slice, 6mg Bread, wheat, 1 slice, 3mg Bread, white, 1 slice, 4mg Cornbread, 1 piece, 4 mg Muffin, English, wheat, 1 each, 9mg Muffin, English, white, 1 each, 7mg Pancakes & Waffles, 2 small, 10 mg Rice, brown, ½ cup cooked, 9mg Rice, white, ½ cup cooked, 2mg Couscous, ½ cup cooked, 8 mg Spaghetti, ½ cup cooked, 8 mg Tortillas, corn, 2 each, 10mg Tortillas, flour, 2 each, 9mg	Biscuits, 1 each, 14 mg Bread, multigrain, 1 slice, 18mg Bread, whole wheat, 1 slice, 14mg Muffin, English, whole wheat, 1 each, 28mg Quinoa, ½ cup cooked, 27mg Spaghetti, whole wheat, ½ cup cooked, 23mg	Bagel, 1 large, 40 mg* Bran flakes, 1 cup, 42-46 mg Buckwheat groats, roasted, ½ cup, 66mg Bulgur, ½ cup, 43 mg Millet, cooked, ½ cup, 31 mg* Wheat berries, ½ cup, 49 mg <i>Most oxalate in whole grains is insoluble, which means it is less absorbed and will not impact urine oxalate levels as much.</i>
Cereals	Captain Crunch, 1 cup, 2mg Cheerios, 1 cup, 5 mg Cheerios, Multigrain, 1 cup, 4mg Cheerios, Honey Nut, 1 cup, 7mg Cinnamon Toast Crunch, 1 cup, 7mg Cocoa Pebbles, 1 cup, 9mg Cocoa Puffs, 1 cup, 6mg Corn Chex, 1 cup, 4mg Cornflakes, 1 cup, 1 mg Corn Pops, 1 cup, 0mg Crispix, 1 cup, 2mg Fruit Loops, 1 cup, 3mg Frosted Flakes, 1 cup, 1mg Hny Bunches Oats Almonds, 1 cup, 7mg Hny Bunches Oats, Hny Rstd, 1 cup, 4mg Kashi Heart to Heart, 1 cup, 7mg Lucky Charms, 1 cup, 6mg Oat Life, 1 cup, 4mg Oatmeal, Instant, ¾ cup, 0mg Puffed Rice, 1 cup, 2mg Puffed Wheat, 1 cup, 9mg Rice Chex, 1 cup, 3mg Rice Krispies, 1 cup, 2 mg Special K, 1 cup, 7mg Special K, Red Berries, 1 cup, 8mg Total Whole Grain, 1 cup, 10mg Wheaties, 1cup, 9mg	Basic 4 Cereal, 1 cup, 11mg Cracklin Oat Bran, 1 cup, 15mg Cream of Wheat, ¾ cup, 13 mg Farina, 1 cup, 16 mg* Fiber One, 1 cup, 17mg Fiber One, Honey Clusters, 1 cup, 13 mg Granola, 1 cup, 17 mg Grape Nuts, ½ cup, 14mg Great Grains, Cnbry Almd Crnch, 1 cup, 28mg Great Grains, Crunchy Pecan, 1cup, 29mg Great Grains, Raisin Date Pecan, 1 cup, 23mg Kashi Go, 1 cup, 13mg Krave, Chocolate, 1 cup, 15mg Mueslix, 1 cup, 24mg* Oatmeal, Old-Fashioned, ¾ cup cooked, 16mg Oatmeal Crisp Crunchy Almonds, 1 cup, 26mg Oatmeal Squares, 1 cup, 12mg Reese's Puffs, 1 cup, 11mg Smart Start, 1 cup, 12mg Weetabix, 3 biscuits, 25mg Wheat Chex, 1 cup, 15mg	Corn grits, ¾ cup cooked, 34 mg Frosted Miniwheats, 25 biscuits, 33mg Kashi Autumn Wheat, 32 biscuits, 33mg Raisin Bran, 1 cup, 46 mg Raisin Nut Bran, 1 cup, 45 mg Shredded Wheat, 1 cup, 31 mg Uncle Sam, 1 cup, 52mg

	Low Oxalate 10 mg or less per serving	Medium Oxalate 11-29 mg per serving	High Oxalate 30 mg or more per serving
Dairy	All dairy including butter, cheese, milk, cream, yogurt, sour cream and cream cheese has minimal (0-1mg/serving) oxalate.		
Meat	All animal protein foods including beef, pork, poultry, fish, seafood & eggs has minimal oxalate (0-1mg/serving).		
Beans, Nuts & Plant Proteins	Coconut, shredded, ¼ cup, 0mg Burger, vegetable, 1 patty, 5mg Flaxseed, ground, 1 tbsp, 0mg Lentils, ½ cup cooked, 2mg Mung beans, ½ cup, 8 mg* Pecans, ¼ cup, 10 mg* Pistachios, ¼ cup, 9 mg Pumpkin & squash seeds, ¼ cup, 4 mg Sunflower seeds, roasted, ¼ cup, 8 mg Red kidney beans, ½ cup ckd, 10mg*	Black beans, ½ cup cooked, 11mg Burger, soy-based, 1 patty, 12mg Fava beans, ½ cup cooked, 20 mg* Peanuts, ¼ cup, 29 mg Peanut butter, 1 tbsp, 19mg Tofu, 3.5oz, 11mg Tahini, 1 tbsp, 16mg Tofu, 3.5 oz, 13 mg Walnuts, ¼ cup, 12 mg*	Baked Beans, ½ cup, 58mg Burger, plant based, 1 patty, 58mg Hummus, ¼ cup, 39mg Navy Beans, ½ cup cooked, 96mg Refried beans, ½ cup, 60mg Almonds, ¼ cup, 72 mg Almond butter, 1 tbsp, 42mg Cashews, ¼ cup, 64 mg Soybeans, ½ cup cooked, 48mg
Fruits	Apple, 1 fruit w/ or w/o skin, 1 mg Apple, dried, ¼ cup, 0 mg Apricots, 1 fruit, 0 mg Apricots, dried, 5 halves, 0mg Avocado, ½, 9mg Applesauce, 1 cup, 2 mg* Banana, 1 fruit, 10 mg Blackberries, 1 cup, 4 mg* Cantaloupe, ¼ melon, 1 mg Cherries, 1 cup, 3 mg Cherries, canned, ½ cup, 7mg* Cranberries, dried, ¼ cup, 1mg Cranberries, fresh, ½ cup, 0mg Cranberry Sauce, 2 tbsp, 0mg Figs, 1 each, 5-9 mg Fruit Cocktail, ½ cup, 1mg* Grapes, 1 cup, 2 mg Honeydew Melon, 1 cup, 1 mg* Lemon, 1/4 fruit, 1 mg Lime, 1/8 fruit, 1 mg Mango, ½ fruit, 0 mg Nectarine, 1 fruit, 0 mg Olives, 3 medium, 5mg Papaya, 1/2 fruit, 1 mg Peach, 1 fruit, 0 mg Peaches, canned, ½ cup, 1 mg Pear, 1 fruit, 2 mg Pears, canned, ½ cup, 1 mg* Pineapple, 1 cup, 4 mg* Plantain, 1 fruit, 1 mg* Plum, 1 fruit, 0 mg Pomegranate, ½ cup, 0mg Prunes, canned, ½ cup, 1 mg Raisins, ¼ cup, 3 mg Raspberries, 1 cup, 5mg	Dates, 5 each, 26 mg Grapefruit, ½ fruit, 13 mg Kiwi, 1 fruit, 16 mg* Orange, 1 fruit, 23 mg Pineapple, canned, ½ cup, 12mg Pineapple, dried, 3 rings, 23mg Pineapple, raw, 1 cup, 11mg Prunes, dried, ¼ cup, 18 mg Tangerine, 1 fruit, 16 mg	Blueberries, 1 cup, 37mg

	Low Oxalate 10 mg or less per serving	Medium Oxalate 11-29 mg per serving	High Oxalate 30 mg or more per serving
	Strawberries, 1 cup, 2 mg Watermelon, 1 slice, 1 mg		
Vegetables (all ½ cup cooked portion unless otherwise stated)	Alfalfa sprouts, ½ cup raw, 0 mg* Arugula, 1 cup, 1 mg Artichoke, 1 heart, 5 mg* Asparagus, 9 mg Bamboo shoots, 6mg Bok choy, 1 cup raw, 1 mg* Broccoli, 6 mg Cabbage, 1 mg Carrots, 8 mg Carrots, ½ large raw, 5mg Cauliflower, 1 mg Celery, ½ cup cooked, 5 mg* Celery, ½ stalk raw, 8mg Collard greens, 5 mg Corn, 1 mg Cucumber w/ peel, ¼ raw, 1 mg Endive, 1 cup raw, 0 mg Kale, 1mg Kale, raw, 1 cup, 1 mg Lettuce, iceberg, raw, 1 cup, 0 mg Lettuce, romaine, 1 cup, 0mg Lima beans, ½ cup cooked, 0mg Mushrooms, 0mg Mushrooms, raw, 1 each, 0 mg Mustard greens, 2 mg Onion, raw, 1 small, 2mg Onion, green/spring, 1 each, 0mg Peas, green, 1 mg Peppers, hot, canned, 1oz, 2mg Pepper, green, 2 rings, 2 mg Pepper, red, 2 rings, 2mg Potatoes, instant mashed, ½ cup, 6mg Pumpkin, canned, ½ cup, 9mg Radish, 5 each, 0 mg Seaweed, 1mg Summer squash, 1mg Tomato, raw, 2 slices, 3 mg Water chestnuts, 2 tbsp, 0 mg Winter squash, ½ cup, 4mg	Brussels Sprouts, ½ cup, 17 mg Green beans, ½ cup, 14 mg Parsnip, ½ cup cooked, 15 mg* Potatoes, mashed, ½ cup, 15 mg* Potato, sweet, canned, 14mg Tomato, canned, ¼ cup, 25mg	Beets, ½ cup, 76 mg Navy beans, ½ cup, 76 mg* Okra, ½ cup, 57 mg* Potato, baked w/ skin, 1 each, 92 mg Potatoes, French fries, ½ cup, 49 mg Potatoes, sweet, ½ cup, 54mg Rhubarb, ½ cup, 541 mg* Rutabaga, ½ cup cooked, 31 mg* Spinach, 547 mg Spinach, 1 cup raw, 316 mg Sweet potatoes, fries, ½ cup, 37mg Turnip, ½ cup cooked, 30 mg* Yams, ½ cup cooked, 40 mg*
Snacks	Cracker, multigrain, 5-6 crackers, 6mg Cracker, Ritz, 5 crackers, 3mg* Cracker, Saltine, 5 crackers, 5mg* Cracker, Triscuit, 5 crackers, 5mg* Cracker, white, 5-6 crackers, 5mg Cracker, whole wheat, 5-6, 15mg Croissants, 1 each, 8mg Muffin, blueberry, 1 each, 7mg Muffin, bran, 1 each, 9mg Popcorn, 3 cups popped, 4-5mg Pretzels, 1 ½ oz, 7mg Rice cake, 1 cake, 2 mg* Tortilla chips, 1 oz, 7 mg	Bars, energy, one, 11mg Bars, high protein, one, 20mg Potato chips, 1 oz, 12mg Potato chips, baked, 1oz, 19mg	

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Desserts	Bun, Cinnamon, 1 each, 7mg Cake, yellow&choclte frstg, 1slice, 19mg Candies, milk chocolate, 1oz, 5mg Candies, non-chocolate, 1oz, 0mg Cookie, chocolate chip, 1 cookie, 6mg Cookie, fig bar, 1 cookie, 4 mg* Cookie, graham cracker, 1 sheet, 2 mg* Cookie, oatmeal, 1 cookie, 3mg* Custard, ½ cup, 0 mg* Danish, 1 each, 3mg Donut, 1 each, 4mg Fruit roll up, 1 roll, 2 mg* Ice Cream, ½ cup, 0mg* Jello, 1 cup, 1 mg* Pie, apple, 1 slice, 5mg Popsicle, 1 each, 0 mg* Popsicle, pudding, 1 each, 5 mg* Pudding, vanilla, ½ cup, 0mg* Rice krispie treat, 1 bar, 1 mg* Sherbet, ½ cup, 0 mg* Snack cakes, cream-filled, 1 cake, 4mg	Sweet roll, 1 each, 14mg Pudding, chocolate, ½ cup 14mg	Brownie, one, 31-34 mg Candies, dark-chocolate, 1oz, 45mg Candies, with nuts, 1 piece, 38 mg* Chocolate syrup, 2 tablespoons, 38 mg*
Beverages	Apple juice, 8oz, 2 mg Apricot juice, 8oz, 0 mg Beer, 12 oz, 4 mg Carnation Inst Bkft, 8oz prepared, 7mg Carrot juice, 8oz, 28mg Chocolate milk, 8oz, 7 mg* Coffee, brewed, 8oz prepared, 2 mg Coffee, instant, 8oz prepared, 2 mg Coffee, mocha, 12oz, 13mg Cranberry cocktail, 8oz, 2mg Energy drinks, 8oz, 0mg Ensure supplement, 8oz, 2mg Ensure Plus supplement, 8oz, 12mg Gatorade, 12oz, 0 mg Grape juice, 8oz, 4 mg Grapefruit juice, 8oz, 3 mg Kool-Aid, 8oz, 1 mg* Lemon juice, 1 tbsp, 1mg Lemonade, low calorie, 12oz, 0mg Liquor, 1 oz, 0 mg Mango juice, 8oz, 1 mg Orange juice, 8oz, 1 mg Papaya nectar, 8oz, 1mg Pineapple juice, 8oz, 2 mg Plant based milk, not soy/almond, 0mg Pomegranate juice, 8oz, 2mg Powerade, 12oz, 0mg Prune juice, 8oz, 7 mg* Soda, regular & diet, 12oz, 0 mg Soymilk, 8oz, 10mg Tea, black, 8oz, 6mg Tea, diet iced, 10mg Tea, green, 6mg	Almond milk, 8oz, 27mg Boost, 8oz, 21mg Carrot juice, 8oz, 27 mg Lemonade, from concentrate, 12oz, 22 mg Tomato juice, 8oz, 13 mg Vegetable juice, 8oz, 17mg	Slim Fast, 11oz, 37mg Hot chocolate, 1 cup, 65 mg*

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	Vitamin Water, 8oz, 0mg Wine, red, 5oz, 1 mg Wine, white, 6oz, 0mg		
Condiments & Other	Apple butter, 1 tablespoon, 0 mg* Cream of mushroom soup, 1 cup, 2mg Barbecue sauce, 2 tbsp, 2mg Black pepper, 1 dash, 0mg* Chives, 1 teaspoon, 0 mg* Coffee Creamer, 1 tablespoon, 0mg* Cream sauce, ¼ cup, 0 mg* Equal/NutraSweet(aspartame), 1 pkt, 0mg Garlic, 1 clove, 0mg Granola bar, 1 each, 6mg Gravy, ¼ cup, 1 mg* Horseradish, 1 tablespoon, 0 mg* Jam/jelly, 1 tablespoon, 1 mg Ketchup, 1 tbsp, 2 mg Marinara, ½ cup, 10mg Mayonnaise, 1 tablespoon, 0 mg Molasses, 1 tablespoon, 0mg Mustard, 1 teaspoon, 1 mg Parsley, raw, 1 tbsp, 1mg Pickles, one small, 1mg Salad dressing, ranch/Italian, 2tbsp, 0mg Salsa, 2 tbsp, 2 mg Stevia, 1 packet, 0mg Soy sauce, 1 tablespoon, 3 mg Splenda (sucralose), 1 packet, 0mg Sweet n' low (saccharine), 1 packet, 0mg Syrup, 1 tablespoon, 0 mg Tomato soup, 1 cup, 9mg Truvia, 1 packet, 0mg	Chowder, clam, 14mg Peanut butter, 1 tablespoon, 13 mg Tahini, 1 tablespoon, 16 mg	Lentil soup, 1 cup, 34mg Miso soup, 1 cup, 59 mg
Baking	Barley malt flour, ½ cup, 0mg* Brown sugar, ½ cup packed, 0mg* Corn Bran, ½ cup, 0mg* Cornstarch, 1 tablespoon, 0mg* Flour, corn, ½ cup, 2mg* Flour, white, ½ cup, 9mg* Flour, white rice, ½ cup, 6mg* Oat bran, 1/2 cup, 0 mg Sugar, ½ cup, 0mg Wheat Germ, 1 tbsp, 1mg	Flour, whole grain, ½ cup, 15mg*	Barley flour, ½ cup, 41 mg* Brown rice flour, ½ cup, 33mg* Buckwheat groats, ½ cup cooked, 67mg* Cornmeal, ½ cup, 32mg* Cocoa powder, 4 teaspoon, 67mg* Rice bran, ½ cup, 140 mg* Soy flour, ½ cup, 47 mg*

Note on Accuracy of Oxalate Lists

This oxalate may be different than other oxalate lists you've found, or been given by your doctor. Oxalate is tricky. It is very difficult to measure in food, and varies based on where the food was grown, soil, harvest time and even ripeness. It is impossible to know exactly how much oxalate is in your food. Because of this, I **highly recommend** sticking with ONE list to avoid spending unnecessary time and energy comparing the hundreds of oxalate lists out there.

This list is based on the oxalate list produced by Harvard Medical School in 2023. Items marked with an * are items on the 2002 Harvard oxalate list. I have standardized the portions to make it easier to compare foods. The Harvard list is widely recognized to be the most accurate and up to date by medical professionals.

Remember, diligently tracking the amount of oxalate you eat every day is not necessary for most people. Avoid the very high ones, eat a variety of foods, get in your calcium, and chances are oxalate will fall into place.

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Kidney Stone Nutrition School

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