

OXALATE CONTENT OF SELECTED FOODS

NB Proteinaceous foods such as meat, poultry, fish, shellfish and dairy as well as fats and oils are very low

High to Very High >35 mg oxalate/ ½ cup	Medium to High 10-35 mg oxalate/ ½ cup	Low to Medium up to 10 mg oxalate/ ½ cup
<i>Avoid</i>	<i>Small amounts from time to time *be more cautious</i>	<i>Eat freely</i> <i>*be more cautious</i>
		Vegetables
Vegetables	Vegetables	*Asparagus (raw or steamed) 9.3
Spinach (160 raw, 365 cooked)	*Artichoke hearts	Asparagus boiled 1
Silver beet	Brussels sprouts (steamed) 12.7	Bok choy 2
Golden beets	*Beetroot 30	Broccoli (steamed) 6.6
Sweet potato (100-280)	Carrots (steamed) 17	*Brocolini (steamed) 10.53
Plantain	Carrots (raw grated) 11.3	Brussels sprouts (boiled) <1
Rhubarb	Capsicum yellow 15	Cabbage (steamed – average) 3
Sorrel	Celery	Capsicum red 2-4
Okra	*Green beans 20-35 also sugar snap peas	*Capsicum (green) 8-10
Yam	Kale, curly (raw) 15	Carrots (boiled) 3.6
purslane	*Leeks (cooked)	Cauliflower (steamed) 1.8
	Parsnips	Celeriac 6
	*Potato, white 10-30 (boiled, new, red skinned are lowest)	Eggplant 6 (but some white varieties are high)
	*Tomatoes (cooked) 15-30	Eschallots 2
	Radicchio 15	Greens (mustard, pea, turnip, boiled) 3-5 (dandelion, red rib boiled) 8
		Green peas/ snow 2/6
		Kale (tuscan/cavallo nero – boiled) 1.8
		Kohlrabi (bulb) <1
		Kohlrabi (leaves and stems) 3.1
		Mushroom 1-3
		Onion 4
		Pumpkin (butternut) 4
		Turnip 2.7
		Swede 4
		Waterchestnut
		Zucchini (+ other squash) 3-5
		Alfalfa sprouts /mung 1/8
		Basil
		Cabbage (raw shredded) 1.8
		*Celery (raw) 10.7
		Coriander
		Cucumber 6
		*Dandelion (raw, red rib) 10
		Endive, Belgian (raw) 6
		Endive, curly 6
		Escarole 2.4
		Fennel (raw) 8.6
		Lettuce 2-4
		Radish (red, each)/daikon 1/2
		Rocket <1
		Spring onion 8
		*Tomato(raw) 5-15
		Watercress 2

Fruits (High)	Fruits (Medium)	Fruits (Low)
		Apple
Berries (Blackberry)	Berries (gooseberry, raspberry) 11-15	Apricot
Guava	Grapefruit (pink and white)	Avocado
Pomegranate	Kiwi	*Banana
Star fruit	Pear (anjou)	Berries – bilberry, blueberry, cranberry, strawberry
Tangelo	Persimmon	*Berries – goji dried
dried apricots, dates, figs	Pineapple	Cherries
	Prunes, sultanas, raisins	*Currants (red and black fresh)
		Dates, fresh
		Figs, fresh
Nuts and Seeds	Nuts and Seeds	Grapes
		Lemon, Lime
Almonds 274	Macadamia 27	Lychee
Brazil nuts	Pecan 23	Mandarin
Cashews	Pistachio 29	Mango
Hazelnuts	Sesame seeds 1 tbsp 12	Melon (water and rock)
Peanuts	Sunflower seeds 29	Nectarine
Pine nuts	Tahina 1 tbsp 24	Orange
Chia seeds	*Walnuts 35	Passionfruit 1 fruit 1
Poppy seeds		*Pawpaw
Tahina		Peach
		Pear (Bartlett and *Bosc)
Legumes	Legumes	Plum
Dried beans – pinto,	lentils, puy 25	Nuts and Seeds
great northern, navy,	red kidney beans 12	coconut (also milk and cream if pure)
cannellini, soy	adzuki beans 23	chestnut 1 nut 1.5
		pumpkin seeds
		flax seeds
Grains and Grain Products	Grains and Grain Products	tiger nuts
buckwheat	1 average slice bread	
quinoa and amaranth	1 tortilla	Legumes
	cornmeal	*chickpeas 6-12
	rice flour	mung beans (inc sprouts)
	brown rice (boiled)	tofu
	wild rice (boiled)	lentils, red, green and brown
	average pasta and noodles	black-eyed peas
	couscous	split peas, green and yellow
	rolled oats	*lima and butter beans boiled
		Grains and grain products
		cellophane noodles (mung bean)
		pearl barley (boiled)
		flax meal
		chickpea flour
		coconut flour
		corn flour
		pumpkin seed flour
		potato starch
		tapioca flour
		millet (boiled)
		white rice (boiled)
		shiritaki noodles (konjac)

[illegible]