

## 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

<b>High to Very High</b> <b>&gt;35 mg oxalate/ ½ cup</b>	<b>Medium to High</b> <b>10-35 mg oxalate/ ½ cup</b>	<b>Low to Medium</b> <b>up to 10 mg oxalate/ ½ cup</b>
<i>Avoid</i>	<i>Small amounts from time to time *be more cautious</i>	<i>Eat freely *be more cautious</i>
		<b>Vegetables</b>
<b>Vegetables</b>	<b>Vegetables</b>	*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	*Broccoli (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

<b>Fruits (High)</b>	<b>Fruits (Medium)</b>	<b>Fruits (Low)</b>
		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
<b>Nuts and Seeds</b>	<b>Nuts and Seeds</b>	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)
<b>Legumes</b>	<b>Legumes</b>	Plum
Dried beans – pinto,	lentils, puy 25	<b>Nuts and Seeds</b>
great northern, navy,	red kidney beans 12	coconut (also milk and cream if pure)
cannelini, soy	adzuki beans 23	chestnut 1 nut 1.5
		pumpkin seeds
		flax seeds
<b>Grains and Grain Products</b>	<b>Grains and Grain Products</b>	tiger nuts
buckwheat	1 average slice bread	
quinoa and amaranth	1 tortilla	<b>Legumes</b>
	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
		<b>Grains and grain products</b>
		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)

