

## **The Low Oxalate Diet**

This list was adapted from the Low Oxalate Cookbook published by The Vulvar Pain Foundation. It includes recipes, tips, guidelines, and other information about low oxalate eating. You may contact The VPF at: The Vulvar Pain Foundation, Post Office Drawer 177, Graham, NC 27253

Foods marked with \* may cause irritation although they are not high in oxalate. It may be best to avoid these at first. If a food has been listed as both low and medium in different tests, it is listed only in the medium group. If a food has been listed as both medium and high in different tests, it is listed in the medium group and indicated by the notation "(?high)" as well as being listed in the high group. Foods with double question marks (i.e. ?Pumpkin?) have not been tested, but anecdotal evidence seems to imply oxalate content or irritation potential.

You may want to eat only low oxalate foods at first until your symptoms begin to improve. Then, you can add medium oxalate foods one at a time, eating a small amount three days in a row. If your pain does not increase, you may add that food to your diet as a medium oxalate food.

It is not a good idea to try to eliminate all oxalate from your diet. Moderate consumption is necessary. Of course, you must eliminate the high oxalate foods from your diet completely.

### **OCEAN PARK NATURAL THERAPIES**

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**LOW OXALATE***Beverages:*

Barley water  
 Beer, bottled\*  
 Cider  
 Coke\*  
 Coca-Cola\*  
 Distilled alcohol\*  
 Fruit juices (4 oz)  
 Apple  
 Grapefruit\*  
 Lemon\*  
 Lime\*  
 Pineapple  
 Gingerale (Schwepp's)  
 Kukicha twig tea  
 Lemonade or limeade  
 (made without peel)\*  
 Milk  
 Orange soda  
 (Minute Maid)\*  
 Pepsi\*  
 Pepsi-Cola\*  
 Pineapple juice  
 Root beer (Borg's and  
 A&W)  
 Bigelow herbal teas-  
 (hot, brew time 4 min)  
 Cranberry Apple  
 Cozy Chamomile  
 Purely Peppermint  
 Apple & Spice  
 Chamomile Mint  
 Cinnamon Orange  
 Hibiscus & Rose Hips  
 (iced, brew time 10 min)  
 Red Raspberry  
 Tahitian Breeze  
 Perfect Peach  
 Raspberry Royale  
 Water  
 Wine - port, red, rose,  
 dry  
 sherry, white\*

*Dairy:*  
 Butter  
 Buttermilk  
 Cheese  
 Milk  
 Yogurt  
 Natural, nonfat, plain

Dannon Fruit-on-the-  
 Bottom yogurts

(except orange)

*Fats:*

Butter  
 Margarine  
 Mayonnaise (Heintz)  
 Salad dressing  
 Vegetable oils

*Fruits:*

Apples, peeled  
 Avocado  
 Cherries, bing and sour  
 Cranberries, canned  
 (Ocean Spray)\*  
 Grapes  
 Thompson  
 seedless, green  
 Red  
 Lemons\*  
 Lemon juice (1 cup)\*  
 Lime juice (1 cup)\*  
 Mangoes  
 Melons  
 Cantaloupe  
 Casaba  
 Honeydew  
 Watermelon  
 Nectarines  
 Papaya, Hawaiiin  
 Raisins, golden

*Grains:*

Cornflakes (Kellog's)  
 Cornstarch (1 tbsp)  
 Egg noodles  
 Rice, white  
 Rice, wild  
 Rye bread

*Condiments:*

Basil, fresh (1 tsp)  
 Chives  
 Dill  
 Mustard, Dijon (1 tbsp)  
 Nutmeg, dry (1 tsp)  
 Oregano, dried (1 tsp)  
 Salt  
 Vanilla extract

## Vinegar\*

*Legumes, Nuts, Seeds:*

Coconut  
 Lentils

Water chestnuts

*Meats:*

Bacon (up to 9 strips)  
 Beef  
 Chicken  
 Corned beef, canned  
 Eggs  
 Fish, haddock, plaice, and  
 flounder  
 Ham  
 Hamburger  
 Lamb  
 Pork  
 Turkey

*Other Foods:*

Carob  
 Gelatin, unflavored  
 (Knox)  
 (1 packet)  
 Vinegar, apple cider\*

*Sweets:*

Corn syrup (Karo) (1  
 tbsp)  
 Honey (1 tbsp)  
 Jellies, jams, or preserves  
 made with low and  
 medium fruits (1 tbsp)  
 Maple syrup, pure (1  
 tbsp)  
 Sugar

*Vegetables:*

Acorn squash  
 Alfalfa sprouts  
 Cabbage, white  
 Cauliflower  
 Cucumbers, peeled  
 Green peas, frozen  
 Lettuce, iceberg (1/2 cup)  
 Mung bean sprouts  
 Pepper, red  
 Turnips, roots  
 Zucchini squash

## MEDIUM OXALATE

### *Beverages:*

Beer (Budweiser) (12 oz)\*  
Beer, draft (12 oz)\*  
Beer, stout (Guinness draft)  
(12 oz)\*  
Coffee\*  
Fruit juice (4 oz)  
Cranberry\*  
Grape  
Orange\*  
Tomato\*  
Orangeade (4 oz)\*  
Tea, rosehip  
Bigelow herbal teas—  
(hot, brew time 4 min)  
Lemon & C  
Spearmint  
(iced, brew time 10 min)  
Premium  
V-8 Juice\*  
Wine, Beaujolais\*

### *Fruits:*

Apples  
Apricots  
Berries (1/4 cup)  
Blackberries  
Blueberries  
Dewberries  
Red raspberries  
Currants, black  
Cherries, red sour  
Cranberries, dried\*  
Grapefruit\*  
Grapes  
Oranges\*  
Peaches, Alberta  
Peaches, Hiley, Stokes,  
canned  
Pears, Bartlett  
Pineapple, Sainsbury,  
canned  
Pineapple chunks (Dole)  
Plums, green or golden  
Gage, Damson  
Prunes, Italian  
Tangerines (?high)\*

### *Grains:*

Bagel (1 medium)  
  
(Lender's)  
Barley, cooked  
Bread, white (2 slices)

Corn tortilla (1 medium)  
Cornbread  
Cornmeal, yellow (1 cup  
dry)  
Cornstarch (1/4 cup)  
English muffin, white (1  
medium)  
Macaroni, cooked  
Oatmeal (1 cup) (?high)  
Rice, brown  
Saltine or soda crackers  
(16)  
(Zesta by Keebler)  
Spaghetti  
Spaghetti in tomato  
sauce\*  
Vanilla Wafers (25)  
(Nabisco)  
Wheat or plain flour

### *Condiments:*

Basil, fresh (1 tbsp)  
Cinnamon (1 tsp)  
Dill (1 tbsp)  
Ginger, raw, sliced (1 tsp)  
Malt, powder (1 tbsp)  
Mustard, Dijon (1/2 cup)  
Nutmeg (1 tbsp)  
Pepper (1 tsp)  
Soy sauce (?high)

### *Legumes, Nuts, and*

#### *Seeds:*

?Cashews?  
Garbanzo beans, canned  
(1/4 cup)  
Lima beans  
Split peas, cooked  
Sunflower seeds, hulled,  
dry roasted (1 oz)  
(?high)  
Tofu, raw firm (?high)  
?Walnuts?

### *Meats:*

Bacon (10 or more slices)  
Kidney, beef  
Liver  
Sardines

### *Other foods:*

Malt (1 tbsp)  
No fat ranch dressing  
(Marzetti's)

### *Sweets:*

Sponge cake (1 slice)  
Preserves, strawberry (1  
tbsp)  
Marmalade (1/4 cup)\*

### *Vegetables:*

Asparagus  
Artichokes  
Brussel sprouts  
Broccoli  
Carrots  
Corn (sweet, white, or  
yellow)  
Cucumber (1 medium)  
Garlic  
Green beans, snap, or  
runner beans (?high)  
Kohlrabi  
Lettuce  
butter  
iceberg (1 cup)  
Mushrooms  
Mustard greens  
Onions  
Peppers, green (1/2  
medium)  
Potato chips (50) (Wise  
Original)  
Potatoes, white, russet,  
Idaho (1/3 cup) (?high)  
Potato salad (1/4 cup)  
Radishes  
Snow peas  
Tomato, fresh\*  
Tomato sauce, canned  
(1/4  
cup)\*  
Vegetable beef soup\*  
(Campbell's)  
Watercress

## HIGH

### *Beverages:*

Beer - lager draft, Tuborg,  
Pilsner  
Chocolate milk  
Cocoa  
Juices containing berries  
high in oxalates  
Ovaltine  
Tea, black, Indian  
Bigelow herbal teas—  
(hot, brew time 4 min)  
Apple Orchard  
Fruit & Almond  
I Love Lemon  
Mint Medley  
Orange Spice  
Perfect Peach  
Red Raspberry  
Specially Strawberry  
Sweet Dreams  
Take-A-Break  
Orange & C

### *Fruits:*

Blackberries  
Blueberries  
Grapes, Concord  
Currants, red  
Dewberries  
Figs, dried  
Gooseberries  
Kiwi  
Lemon peel  
Lime peel  
Orange peel  
Raspberries, red and black  
Rhubarb  
Strawberries  
Tangerines

### *Grains:*

Bread, whole wheat  
Cheerios (1 cup)  
Graham crackers  
Graham flour  
Grits, white corn  
Kamut  
Popcorn (4 cups, popped)  
(Orville Redenbacher)  
Soybean crackers  
  
Spelt  
Stone ground flour  
Wheat bran

Wheat germ  
Whole wheat flour  
Yellow Dock

### *Condiments:*

Cinnamon, ground (1\_  
tsps  
or more)  
Pepper (in excess of 1 tsp  
per day)  
Ginger (1 tbsps)  
Soy sauce

### *Legumes, Nuts, and*

#### *Seeds:*

Beans, green, waxed, dried  
Baked beans in tomato  
sauce, canned  
Nuts  
Peanuts  
Pecans  
Garbanzo beans, canned  
Peanut butter  
Sesame seeds  
Soybean curd (tofu)  
Sunflower seeds  
?All soy products?

### *Other foods:*

Chocolate, plain  
Cocoa, dry powder  
Ovaltine, powder

### *Sweets:*

Fig Newtons  
Fruitcake (1 slice)  
Marmalade

### *Vegetables:*

Beets - tops, roots, greens  
Celery  
Collards  
Dandelion greens  
Eggplant  
Escarole  
Green beans, snap, pod,  
runner  
Kale  
  
Leeks  
Okra  
Parsley  
Parsnips  
Peppers, green  
Pokeweed

Popcorn (4 cups, popped)  
(Orville Redenbacher)  
Potatoes, sweet  
?Pumpkin?  
Rhubarb  
Rutabagas  
Sorrel  
Spinach  
Squash, yellow, summer  
Swiss chard  
Tomato sauce, canned  
Turnip greens  
Watercress  
Yams  
?Pesticides?