

Fruit & Veggie Grocery List

FRUIT

Avocado

Dates*

Grapefruit

Kiwi

Orange*

Tangerine

Figs*

Apple Sauce

Banana

Blackberries

Blueberries

Cherries

Limes

Pears

Pineapple

Raisins

Strawberries

Apples

Apricots

Cantaloupe

Grapes

Honeydew Melon

Lemons

Mango

Nectarine

Papaya

Peaches

Plantain

Plums

Watermelon

DRIED FRUIT

- **Dried Figs***
- **Dried Pineapples***
- **Dried Prunes**
- **Dried Apples**
- **Dried Apricots**
- **Dried Cranberries**

*

If asterisked these foods are on the higher oxalate side but can be incorporated into your diet and are best combined with a calcium-based food or beverage. Find exact portion size and oxalate content at KidneyStoneDiet.com/Oxalate-List

VEGGIES

Bamboo Shoots*

Fava Beans

Parsnips

Red Kidney Beans

Rutabaga*

Turnip*

Yam*

Carrots*

Celery*

Collards

Artichokes

Asparagus

String Beans

Tomato

Brussels Sprouts*

Peas

Kale

Mung Beans

Mustard Greens

Alfalfa Sprouts

Bok Choy Broccoli

Cabbage

Radish

Cauliflower

Chives

Corn

Cucumber

Endive

Green Pepper Mushrooms

Onions

Romaine Lettuce

Iceberg Lettuce

Scallions

Water Chestnuts

Yellow Squash

Zucchini



Fruit & Veggie Grocery List

FRUIT Avocado Figs* Limes **Apricots Nectarine** Dates* **Apple Sauce Pears** Cantaloupe Papaya Grapefruit **Peaches** Banana Pineapple Grapes **Blackberries** Plantain Kiwi Raisins **Honeydew Melon Strawberries Blueberries** Orange* Lemons **Plums Tangerine** Cherries **Apples** Mango Watermelon **DRIED FRUIT** * If asterisked these foods are on the higher oxalate **Dried Figs*** side but can be incorporated into your diet and are **Dried Pineapples*** best combined with a calcium-based food or **Dried Prunes** beverage. Find exact portion size and oxalate **Dried Apples** content at KidneyStoneDiet.com/Oxalate-List **Dried Apricots Dried Cranberries VEGGIES** Celery* Cauliflower Bamboo Shoots* Kale Romaine Lettuce **Fava Beans** Collards **Mung Beans** Chives **Iceberg Lettuce Parsnips Artichokes Mustard Greens** Corn **Scallions** Water Chestnuts **Alfalfa Sprouts** Cucumber Red Kidney Beans **Asparagus** ☐ Rutabaga* **String Beans Bok Choy Endive** Yellow Squash

Broccoli

Cabbage

Radish

Green Pepper

Mushrooms

Onions

Zucchini

☐ Turnip*

Yam*

Carrots*

Tomato

Peas

Brussels Sprouts*