



Fruit & Veggie Grocery List

FRUIT

- | | | | | |
|-------------------------------------|---------------------------------------|---------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Figs* | <input type="checkbox"/> Limes | <input type="checkbox"/> Apricots | <input type="checkbox"/> Nectarine |
| <input type="checkbox"/> Dates* | <input type="checkbox"/> Apple Sauce | <input type="checkbox"/> Pears | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Banana | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Grapes | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Blackberries | <input type="checkbox"/> Raisins | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Orange* | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Strawberries | <input type="checkbox"/> Lemons | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Cherries | <input type="checkbox"/> Apples | <input type="checkbox"/> Mango | <input type="checkbox"/> 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

- | | | | | |
|---|--|--|---------------------------------------|--|
| <input type="checkbox"/> Bamboo Shoots* | <input type="checkbox"/> Celery* | <input type="checkbox"/> Kale | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Fava Beans | <input type="checkbox"/> Collards | <input type="checkbox"/> Mung Beans | <input type="checkbox"/> Chives | <input type="checkbox"/> Iceberg Lettuce |
| <input type="checkbox"/> Parsnips | <input type="checkbox"/> Artichokes | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Corn | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Red Kidney Beans | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Water Chestnuts |
| <input type="checkbox"/> Rutabaga* | <input type="checkbox"/> String Beans | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Endive | <input type="checkbox"/> Yellow Squash |
| <input type="checkbox"/> Turnip* | <input type="checkbox"/> Tomato | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Green Pepper | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Yam* | <input type="checkbox"/> Brussels Sprouts* | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Mushrooms | |
| <input type="checkbox"/> Carrots* | <input type="checkbox"/> Peas | <input type="checkbox"/> Radish | <input type="checkbox"/> Onions | |



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