

• KIDNEY STONE DIET •

Oxalate

FOOD LISTS

SECOND EDITION

The only food oxalate lists you'll ever need to help you stay on track with the kidney stone prevention diet.



KIDNEY STONE DIET

with Jill Harris, LPN, CHC

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Hello!

My name is Jill Harris, a nurse and founder of KidneyStoneDiet.com. I've put these oxalate lists together to help you make healthy food choices so you can prevent future kidney stones.

Dr. Coe and I (and many health professionals) have been using the Harvard oxalate list for many years because it's the most comprehensive oxalate list available and the reliable researchers who compiled this oxalate list are well thought of in the kidney stone community.

Oxalate is challenging to study, and levels can vary significantly from plant to plant depending upon many different factors. This is why you see conflicting information.

Unfortunately, many of you didn't know the role of oxalate and kidney stones, and eating a diet with too much spinach and almond products got you in this predicament.

Another important factor that goes along with the oxalate conversation is getting enough calcium in your diet. Read this article on the [importance of calcium](#). The oxalate list is not enough, you need to make sure you understand the role calcium plays in The Kidney Stone Diet. the role calcium plays in The Kidney Stone Diet.

We talk about oxalate and how to reduce it in your diet extensively in the [Kidney Stone Prevention Course](#). By the time kidney stone patients find me, they are bewildered and overwhelmed by the different articles and lists they find on oxalate. My job is to help ease their frustration and help each person see that oxalate is by far the easiest part of the Kidney Stone Diet.

For the past 25 years, I have dedicated my nursing career to coaching patients on how to make the lifestyle changes necessary to prevent new kidney stones. I have had the privilege of being mentored by Dr. Fred Coe, an international thought leader in kidney stone disease. You can find him here at kidneystone.uchicago.edu.

If you find yourself needing help, reach out. I offer [private phone consultation](#) or [The Kidney Stone Prevention Course](#). Whichever way you choose to work with me, I know I can not only clear up your confusion but, together, we can lower your stone risk. Much of the time, new stones can be prevented entirely.



The tools you need to improve overall health and stop forming kidney stones?

Jill Harris, LPN, CHC



KidneyStoneDiet.com



Kidney Stone Prevention Course

There is nothing more overwhelming and frightening than being sick and, for more than 25 years, I have been helping patients drastically lower their kidney stone risk. My course is an organized, step-by-step outline of how to prevent your kidney stones.

[Click here to learn more!](#)



Kidney Stone Diet Weekly Meal Plans

Every Sunday, I'll email you the upcoming week's meal planning recipes include all the nutritional information you need. This means seven breakfasts, lunches, dinners, and snacks that you can mix and match for yourself or the whole family.

[Click here to learn more!](#)

Below is the 2023 Revised Harvard Oxalate List.

*Updated November 2023.



• THE COMPLETE •

HARVARD *Oxalate*

FOOD LIST

REVISED NOVEMBER 2023

Presented by Jill Harris • KidneyStoneDiet.com

Cold Cereal

Food Items	Serving Size	Oxalate Value
100% NATURAL GRANOLA, OATS, WHEAT & HONEY	2/3 cup	13
40% BRAN FLAKES	1 cup	42.7*
ALL BRAN KELLOGGS	2/3 cup	34.6*
BASIC 4	1 cup	11.2
CAP'N CRUNCH	1 cup	1.6
CHEERIOS	1 1/2 cup	7.4*
CHEERIOS MULTIGRAIN	1 1/3 cup	5.1
CHEERIOS HONEY NUT	1 cup	6.6
KRAVE, CHOCOLATE	1 cup	14.7
CINNAMON TOAST CRUNCH	1 cup	7.2*
COCOA PEBBLES	1 cup	8.8
COCOA PUFFS	1 cup	6.4
CORN CHEX	1 1/4 cup	4.9*
CORN FLAKES	1 1/2 cup	0.8*
CORN POPS	1 1/3 cup	0.5
CRACKLIN OAT BRAN	3/4 cup	11.6
CRISPIX	1 1/3 cup	2.3
FIBER ONE	2/3 cup	12.8*
FIBER ONE HONEY CLUSTERS	1 cup	12.6
FROOT LOOPS	1 1/3 cup	4.1
FROSTED FLAKES	1 cup	1
FROSTED MINIWHEATS	25 biscuits	32.9*
GRAPE-NUTS	1/2 cup	13.7*
GREAT GRAINS CRANBERRY ALMOND CRUNCH	1 cup	28.2*
GREAT GRAINS CRUNCHY PECAN	3/4 cup	23.1*
GREAT GRAINS, RAISIN, DATE & PECAN	3/4 cup	18.6
HONEY BUNCHES OF OATS WITH ALMONDS	1 cup	7.1
HONEY BUNCHES OF OATS, HONEY ROASTED	1 cup	4*
KASHI AUTUMN WHEAT	32 biscuits	32.9
KASHI GO	3/4 cup	10.7
KASHI HEART TO HEART	1 cup	6.7
LUCKY CHARMS	1 cup	5.5*
OAT LIFE	1 cup	4*
OATMEAL CRISP CRUNCHY ALMONDS	1 cup	26.1*
OATMEAL SQUARES	1 cup	12

Food Items	Serving Size	Oxalate Value
PUFFED RICE	1 cup	1.8
PUFFED WHEAT*	1 cup	9.2*
RAISIN BRAN*	1 cup	46.1*
RAISIN NUT BRAN	1 cup	44.8
REESE'S PUFFS	1 cup	10.6
RICE CHEX	1 1/3 cup	3.5
RICE KRISPIES*	1 1/2 cup	3.1*
SHREDDED WHEAT*	1 1/3 cup	41.8*
SMART START*	1 1/4 cup	14.9*
SPECIAL K*	1 1/4 cup	7.3*
SPECIAL K RED BERRIES	1 cup	8.2
TOTAL WHOLE GRAIN*	1 cup	10.4*
UNCLE SAM	3/4 cup	41.7
WEETABIX	3 biscuits	24.8
WHEAT CHEX	1 cup	15.3
WHEAT GERM TOASTED PLAIN*	1 tbsp	1.4*
WHEATIES	1 cup	9.4

Hot Cereal

Food Items	Serving Size	Oxalate Value
CORN GRITS, REGULAR QUICK ENRICHED, COOKED WITH WATER, NO SALT	1 cup	45.2
CREAM OF WHEAT, QUICK, COOKED WITH WATER, NO SALT*	1 cup	17.7*
OATMEAL, QUAKER INSTANT SWEETNED*	2/3 cup	0
OATMEAL, QUAKER MULTIGRAIN, COOKED WITH WATER, NO SALT	1 cup	21.7
OATS, REGULAR QUICK INSTANT UNENRICHED, COOKED WITH WATER, NO SALT	1 cup	0

Beverages

Food Items	Serving Size	Oxalate Value
BEER REGULAR, LIGHT, HARD CIDER	12 oz	3.9*
BOOST	8 oz	21.1
CARBONATED BEVERAGE WITH SUGAR WITHOUT CAFFEINE	12 oz	0.4
CARNATION INSTANT BREAKFAST, PREPARED	8 oz	7.3*
COFFEE DRINKS, CAPPUCCINO, LATTE, MOCHA, FRAPPUCINO	12 oz	13
COFFEE, BREWED	8 oz	1.7*
COFFEE, PREPARED INSTANT DECAF	8 oz	2.2*
COLA, CAFFEINATED	12 oz	0*
DIET SODA NO CAFFEINE	12 oz	0.4
DIET SODA WITH CAFFEINE	12 oz	0.4
ENERGY DARK, RED BULL	8.3 oz	0
ENERGY DARK, RED BULL, SUGAR FREE, WITH ADDED CAFFEINE	8.3 oz	0
ENSURE NUTRITIONAL SUPPLEMENT	8 oz	2
ENSURE PLUS NUTRITION SHAKE	8 oz	12.3
FRUIT SMOOTHIE	16 oz	9.3
GATORADE DRINK, FRUIT FLAVORED	12 oz	0
JUICE, APPLE, UNSWEETENED	7 oz	1.5*
JUICE, APRICOT	8 oz	2
JUICE, CARROT, CANNED	1 cup	28.3*
JUICE, CITRUS FRUIT FROM FROZEN CONCENTRATE, WATER ADDED	12 oz	4.5
JUICE, CRANBERRY COCKTAIL BOTTLED	6 oz	1.7*
JUICE, GRAPE, CANNED OR BOTTLED, UNSWEETENED, WITH ADDED VITAMI	6 oz	2.4
JUICE, GRAPEFRUIT	6 oz	2.2*
JUICE, LEMON, RAW	1 tbsp	0.9*
JUICE, MANGO	1 cup	1*
JUICE, ORANGE , CHILLED, INCLUDED FROM CONCENTRATE, WITH ADDED C	6 oz	1.1
JUICE, ORANGE, UNSWEETENED FROZEN, PREPARED WITH WATER	6 oz	1.1
JUICE, PINEAPPLE, CANNED, UNSWEETENED	6 oz	1.9
JUICE, POMEGRANATE	6 oz	1.3
JUICE, TOMATO, CANNED, SALTED	6 oz	10.7*

Food Items	Serving Size	Oxalate Value
JUICE, VEGETABLE, CANNED	6 oz	13.7
LEMONADE, FROZEN WHITE FROM CONCENTRATE, WATER ADDED	12 oz	22.3*
LEMONADE, LOW CALORIE	12 oz	1.4
PAPAYA, CANNED NECTAR	1 cup	0.8
POWERADE ZERO	12 oz	0
SLIM FAST	11 oz	36.7
TEA, BREWED	8 oz	6.4*
TEA, DIET ICED READY TO DRINK	12 oz	9.6
TEA, INSTANT LEMON FLAVORED, SUGAR SWEETENED, POWDER	4.5 tsp dry	0.5*
TEA, UNSWEETENED GREEN	1 cup	6.4
VITAMIN WATER, SUGARED WITH ADDED NUTRIENTS	8 oz	0
VITAMIN WATER, SUGAR-FREE	8oz	0*
WATER, TAP	8 oz	0*
WHITE & DARK SPIRITS, HARD SELTZER & MIXED COCKTAIL	1 shot or 1 1/2 oz	0*
WINE, RED	5 oz	1.2*
WINE, WHITE	5 oz	0.3*

Beans & Lentils

Food Items	Serving Size	Oxalate Value
BEANS, BAKED, CANNED, PLAIN OR VEGETARIAN	1/2 cup	57.5
BEANS, BLACK, BOILED, UNSALTED	1/2 cup	10.5*
BEANS, NAVY, CANNED	1/2 cup	96.3*
BEANS, RED KIDNEY, BOILED, UNSALTED	1/2 cup	9.9*
BEANS, REFRIED, CANNED, TRADITIONAL STYLE	1/2 cup	59.6
BURGER, PLANT-BASED	1 patty	57.9*
BURGER, SOY	3.5 oz	11.9*
BURGER, VEGETABLE	one	5
HUMMUS, COMMERCIAL	1/4 cup	39.1
LENTILS, BOILED, UNSALTED	1/2 cup	2.4*
TOFU, SOFT	3.5 oz	10.6*

Breads & Bakery Items

Food Items	Serving Size	Oxalate Value
BISCUIT	one	13.5
BREAD, MULTIGRAIN WHOLE GRAIN	1 slice	10.5
BREAD, OAT, WHOLE	1 slice	6.4*
BREAD, RYE	1 slice	6.3*
BREAD, WHEAT	1 slice	3.2*
BREAD, WHITE	1 slice	4.4*
BREAD, WHOLE WHEAT	1 slice	13.6*
BROWNIE, HOME-MADE	one	31
BROWNIE, READY-TO-EAT	one	33.9*
BUNS, CINNAMON, FROSTED (INCLUDES HONEY BUNS)	1 roll	7.2
CAKE, COMMERCIAL YELLOW WITH CHOCOLATE FROSTING	1 slice	19.3*
CAKE, HOME-BAKED AND COMMERCIAL	1 slice	11.9
COOKIE, CHOCOLATE CHIP DOUGH	1 cookie	6*
COOKIE, COMMERCIAL	1 cookie	7
COOKIE, HOME PREPARED CHOCOLATE CHIP	1 cookie	6
CORNBREAD OR CORN MUFFIN, PREPARED	1 piece	3.7
CRACKER, MULTIGRAIN	5-6 crackers	5.5
CRACKER, REGULAR REFINED GRAIN	5-6 crackers	5.1
CRACKERS, WHOLE WHEAT	5-6 crackers	15
CROISSANTS	one	7.6
DANISH, CINNAMON ROLL OR FRUIT	one	2.6*
DONUT, CAKE & YEAST, CHOCOLATE & PLAIN, FROSTED, GLAZE, POWDER	one	4.4*
FRENCH TOAST, HOMEMADE, WITH 2% MILK	2 slices	11.6
MUFFIN, BLUEBERRY	one	7*
MUFFIN, BRAN	one	9*
MUFFIN, ENGLISH, WHEAT	one	8.7
MUFFIN, ENGLISH, MIXED GRAIN	one	11.2
MUFFIN, ENGLISH, PLAIN, ENRICHED	one	7.3*
MUFFIN, ENGLISH, WHOLE WHEAT	one	28.1*
PANCAKE & WAFFLES	2 small	9.7

Food Items	Serving Size	Oxalate Value
PIE, APPLE, COMMERCIAL	1 slice	4.6*
ROLL, REDUCED FAT, SWEET	one	13.5*
SNACK BAR, MIX OF GRANOLA, NUTRIGRAIN, & OTHER	one	6.1*
SNACK CAKES, CRÈME-FILLED, SPONGE	one	3.6*
TORTILLAS, CORN	two	10*
TORTILLAS, FLOUR	two	9*

Candy

Food Items	Serving Size	Oxalate Value
CANDIES, MILK CHOCOLATE	1 1/2 oz	7*
CANDIES, NON-CHOCOLATE	1 oz	0*
CANDY BAR	2 oz	35.4*
CHOCOLATE, DARK BAR	1 1/2 oz	67.7*

Condiments

Food Items	Serving Size	Oxalate Value
CATSUP (KETCHUP)	1 tbsp	1.5*
MUSTARD, YELLOW	1 tsp	0.6*
SAUCE, BARBECUE	2 tbsp	2.3
SAUCE, SOY	1 tbsp	2.9*

Dairy and Nondairy Creamers

Food Items	Serving Size	Oxalate Value
BUTTER, SALTED	1 tsp	0*
BUTTERMILK, LOWFAT	1 cup	0.7
CHEESE, AMERICAN, PASTEURIZED PROCESSED	1 oz	0.3*
CHEESE, AMERICAN, PASTEURIZED PROCESSED NONFAT	1 slice	0.2*
CHEESE, CHEDDAR	1 oz	0.1*
CHEESE, CHEDDAR/COLBY, LOW FAT	1 oz	0.3*
CHEESE, COTTAGE	1/2 cup	0.1*
CHEESE, COTTAGE, 1% LOWFAT	1/2 cup	0*
CHEESE, COTTAGE, NONFAT	1/2 cup	0.8*
CHEESE, CREAM	1 oz	0.1*
CHEESE, CREAM, FAT FREE	1 oz	0.2*
CHEESE, MOZZARELLA, PART SKIM MILK	1 oz	0.1
CHEESE, MOZZARELLA, WHOLE MILK	1 oz	0.1
CHEESE, NEUFCHATEL (LOWFAT CREAM CHEESE)	1 oz	0.1*
COFFEEMATE, POWDERED AND LIQUID	1 tbsp	0.1*
CREAM, FLUID LIGHT	1 tbsp	0*
CREAM, SOUR	1 tbsp	0.1*
ICE CREAM, LIGHT VANILLA	1 cup	0.6*
ICE CREAM, VANILLA	1 cup	1*
MILK, 1%	8 oz	0.5*
MILK, 2%	8 oz	0.7*
MILK, SKIM	8 oz	0.7*
MILK, WHOLE	8 oz	0.5*
SHERBERT, ORANGE	1 cup	0*
WHIPPED TOPPING	2 tbsp	0
YOGURT, FROZEN, LOW FAT	1 cup	0.9
YOGURT, GREEK, CHOBANI	5.3 oz	0.9
YOGURT, GREEK, FROZEN	1 bar	0.5
YOGURT, GREEK, FRUIT, WHOLE MILK	6 oz	1
YOGURT, GREEK, LIGHT	5.3 oz	0.6
YOGURT, GREEK, PLAIN, NONFAT/LOWFAT	5.3 oz	0.6

Food Items	Serving Size	Oxalate Value
YOGURT, GREEK, PLAIN, WHOLE MILK	6 oz	0.8
YOGURT, LOWFAT FRUITED	6 oz	1.2*
YOGURT, NONFAT LIGHT FRUIT (ARTIFICIAL SWEETENER)	6 oz	0.7
YOGURT, NONFAT WITH FRUIT	6 oz	0.8
YOGURT, PLAIN, LOWFAT	6 oz	0.7*
YOGURT, PLAIN, WHOLE MILK	6 oz	0.5
YOGURT, WHOLE, FRUIT	6 oz	0.8

Plant-Based Milk

Food Items	Serving Size	Oxalate Value
ALMOND MILK, SWEETENED+UNSWEETENED MIXED FLAVORS	8 oz	27.1
PLANT-BASED MILK (EXCLUDES SOY,ALMOND)	1 cup	0.2
SOYMILK, FORTIFIED	8 oz	9.6
WHEY POWDER HIGH PROTEIN DRINK	1 scoop	1.5

Eggs

Food Items	Serving Size	Oxalate Value
EGG BEATERS	1/4 cup	0
EGG, RAW WHOLE	one	0
EGG, YOLK, RAW, FRESH	one	0
EGGS, OMEGA 3 SUPPLEMENTED	one	0

Fruit

Food Items	Serving Size	Oxalate Value
APPLES, RAW WITH SKIN	one	0.7*
APPLES, RAW WITHOUT SKIN	one	0.7*
APPLES, SULFURED DRIED	1/4 cup	0.4
APRICOTS, RAW	1 fruit	0.1
APRICOTS, SULFURED DRIED	5 halves	0.3
AVOCADO	1/2 fruit	9.5*
BANANAS, RAW	one	10.3*
BLACKBERRIES	1/2 cup	2
BLUEBERRIES	1/2 cup	18.5*
CANTALOUPE	1/4 melon	1.4*
CHERRIES, SWEET, RAW	1/2 cup	1.7
CRANBERRIES, DRIED, SWEETENED	1/4 cup	0.5*
CRANBERRIES, RAW	1 cup	0.3
CRANBERRY SAUCE, CANNED, SWEETENED	1/8 cup	0.4
DATES	5 dates	25.5*
FIGS, DRIED	one	5*
FIGS, RAW	one	9.3*
GRAPEFRUIT, RAW	1/2 medium	13.2*

Food Items	Serving Size	Oxalate Value
GRAPES, RED OR GREEN SEEDLESS	1/2 cup	1.2*
LEMONS, RAW, WITHOUT PEEL	1/4 lemon	1.2*
LIMES, RAW	1/8 lime	0.7*
MANGOS, RAW	1/2 fruit	0.3
MIXED DRIED FRUIT (PRUNES, APRICOTS, PEARS)	1/4 cup	6.1
NECTARINES, RAW	one	0.4
OLIVES, CANNED RIPE	3 medium	5*
ORANGES, RAW	one	23.3*
PAPAYAS, RAW	1/2 medium fruit	0.5
PEACHES, CANNED IN HEAVY SYRUP	1/2 cup	0.9*
PEACHES, CANNED JUICE PACKED	1/2 cup	0.5*
PEACHES, RAW	one	0.4*
PEARS, RAW	one	1.8*
PINEAPPLE, CANNED IN HEAVY SYRUP (INCLUDES SYRUP)	1/2 cup	11.9*
PINEAPPLE, DRIED	1 ring	7.9
PINEAPPLE, RAW	1/2 cup	5.2
PLUMS (PRUNES), DRIED	1/4 cup	17.8*
PLUMS, RAW	one	0.1*
POMEGRANATES, RAW	1/2 cup	0.3
PRUNES, CANNED IN HEAVY SYRUP	1/2 cup	0.6
RAISINS	1 oz	2.5*
RASPBERRIES, RAW	1/2 cup	2.5*
STRAWBERRIES, RAW	1/2 cup	1.2*
TANGERINES, RAW	one	15.7
WATERMELON	1 slice	0.6*

Fish

Food Items	Serving Size	Oxalate Value
BLUEFISH, DRY HEAT COOKED	4 oz	1.2*
CATFISH, CHANNEL, FARMED, DRY HEAT COOKED	4 oz	0.1
CLAM, MIXED SPECIES, COOKED, MOIST HEAT	3 oz	0.1
CLAMS, RAW	1 pint	0.5
COD, ATLANTIC, DRY HEAT COOKED	4 oz	0*
COD, PACIFIC, DRY HEAT COOKED	4 oz	0*
FISH PORTIONS/STICKS, PREHEATED FROZEN	3 oz	5.2*
FLOUNDER & SOLE, DRY HEAT COOKED FLATFISH	4 oz	0.2*
HADDOCK, DRY HEAT COOKED	4 oz	0.1*
HALIBUT, DRY HEAT COOKED	4 oz	0.1*
HERRING, ATLANTIC, DRY HEAT COOKED	4 oz	0.7*
MACKEREL, DRY HEAT COOKED	4 oz	0*
OYSTERS, FARMED, DRY HEAT COOKED	3 oz	0.1
OYSTERS, WILD RAW	6 medium	0.1
POLLOCK, ATLANTIC, DRY HEAT COOKED	4 oz	0*
SALMON, ATLANTIC, FARMED, DRY HEAT COOKED	4 oz	0.2
SALMON, CHUM, DRY HEAT COOKED	4 oz	0.2
SALMON, PINK, CANNED WITH BONES AND LIQUID	4 oz	0.3*
SALMON, PINK, DRY HEAT COOKED	4 oz	0.2*
SALMON, SOCKEYE, CANNED, DRAINED, WITH BONES	4 oz	1.6*
SALMON, SOCKEYE, DRY HEAT COOKED	4 oz	0.3*
SARDINES, ATLANTIC, OIL CANNED, DRAINED, WITH BONE	4 oz	0.3*
SARDINES, PACIFIC, TOMATO SAUCE CANNED, DRAINED, WITH BONE	4 oz	0.3
SHRIMP, MOIST HEAT COOKED	3 oz	0.1*
SWORDFISH, DRY HEAT COOKED	4 oz	0.2*
TILAPIA, DRY HEAT COOKED	4 oz	0
TILAPIA, FARMED, COOKED	4 oz	0
TUNA LIGHT IN OIL	3.5 oz	2.8
TUNA, LIGHT CANNED IN WATER, DRAINED	3.5 oz	1.5*
TUNA, WHITE, OIL CANNED, DRAINED	3.5 oz	0.3*
TUNA, WHITE, WATER CANNED, DRAINED	3.5 oz	0.4*
TUNA, YELLOWFIN, DRY HEAT COOKED	4 oz	0.6

Meat

Food Items	Serving Size	Oxalate Value
BACON, BROILED, PAN-FRIED, OR ROASTED	2 slices	0.5*
BEEF HOT DOG	one	0.7*
BEEF LIVER, PAN FRIED	4 oz	0.1*
BEEF PATTY, BROILED 80% LEAN GROUND	3 oz	0.2*
BEEF PATTY, BROILED 85% LEAN MEAT GROUND	3 oz	0.1*
BEEF PATTY, BROILED 93% BEEF, 7% FAT	3 oz	0.1*
BEEF, FRANKFURTER, LOW-FAT	one	0.6
BEEF, TOP MARKET CUTS, 0"-1/8" FAT TRIM	5 oz	0.1
BOLOGNA, BEEF AND PORK	2 slices	0.8*
HAM, CANNED	5 oz	0.7*
PORK, LOIN/CHOPS, BROILED BONE IN, MEAT&FAT	5 oz	0.1*
SAUSAGE, COOKED PORK & BEEF	2 ounces	1.8*

Mixed Dishes

Food Items	Serving Size	Oxalate Value
MACARONI AND CHEESE	1 cup	15.3*
MEAT LASAGNA	1 piece or cup	45.7*
PIZZA, RESTAURANT & FROZEN CHEESE	2 slices	8.5*

Nuts and Seeds

Food Items	Serving Size	Oxalate Value
ALMOND BUTTER, SALTED	1 tbsp	41.6*
ALMONDS, OIL ROASTED, UNSALTED	1 oz	72*
CASHEWS, OIL ROASTED, UNSALTED	1 oz	63.5*
COCONUT MEAT, DRIED (DESICCATED), SWEETENED, SHREDDED	1 tbsp	0.1*
COCONUT MEAT, RAW	1/8 cup	0.1*
FLAXSEED, GROUND	1 tbsp	0.2*
MIXED NUTS WITH PEANUTS, OIL ROASTED, UNSALTED	1 oz	45.2
PEANUT BUTTER, SALTED, SMOOTH	1 tbsp	19.2*
PEANUTS, ALL TYPES, DRY ROASTED, WITHOUT SALT	1 oz	28.8
PEANUTS, OIL ROASTED, SALTED	1 oz	29*
PECANS, OIL ROASTED, UNSALTED	1 oz	15.7*
PISTACHIOS, DRY ROASTED, UNSALTED	1 oz	9*
PUMPKIN & SQUASH SEEDS, WHOLE ROASTED, UNSALTED	1/4 cup	4.3*
PUMPKIN AND SQUASH SEED KERNELS, DRIED	1/4 cup	7.7*
SESAME BUTTER, TAHINI, FROM ROASTED & TOASTED KERNELS	1 tbsp	16.2*
SUNFLOWER SEED KERNELS, OIL ROASTED, WITHOUT SALT	1/4 cup	8*
SUNFLOWER SEED, DRIED, KERNELS	1/4 cup	2.9*
WALNUTS	1 oz	11.7*

Pasta and Other Grains

Food Items	Serving Size	Oxalate Value
BARLEY, COOKED PEARLED	1 cup	0
BUCKWHEAT GROATS, ROASTED	1 cup	132.6*
BULGUR, COOKED	1 cup	85.9*
COUSCOUS, COOKED	1 cup	15.1*
OAT BRAN, RAW	1/2 cup	0*
QUINOA, COOKED	1 cup	54.4
RICE, BROWN, COOKED LONG GRAIN	1 cup	18.7*
RICE, WHITE, COOKED LONG GRAIN	1 cup	3.8*
SPAGHETTI, COOKED	1 cup	16.5*
SPAGHETTI, COOKED WHOLE WHEAT	1 cup	46.1*
WHEAT BERRIES, COOKED	1 cup	97.6
WHEAT BRAN, CRUDE	1 tbsp	7.5*

Poultry

Food Items	Serving Size	Oxalate Value
BACON, TURKEY, MICROWAVED	2 slices	0*
CHICKEN (MEAT & SKIN), ROASTED	3 oz	0.2*
CHICKEN BREAST, DELI, ROTISSERIE SEASONED, SLICED, PREPACKAGED	3 oz	0.1
CHICKEN LIVER, SIMMERED	1 oz one	0.1
CHICKEN SAUSAGE	one	1.8
CHICKEN THIGHS, WINGS, AND LEGS	2 pieces	0.2
CHICKEN, ROASTED MEAT	3 oz	0*
TURKEY BREAST MEAT & SKIN, ROASTED	3 oz	0.2
TURKEY HOT DOG	one	2.5*
TURKEY MEAT, ROASTED	3 oz	0*
TURKEY SAUSAGE, COOKED	one	3.5
TURKEY, COOKED GROUND	3 oz	0
TURKEY, WHOLE, BREAST, MEAT ONLY, COOKED, ROASTED	3 oz	0

Salad Dressings

Food Items	Serving Size	Oxalate Value
MAYONNAISE	1 tbsp	0*
MAYONNAISE, LOW FAT	1 tbsp	0*
MAYONNAISE, OLIVE OIL	1 tbsp	0
SALAD DRESSING, CREAMY RANCH, FAT FREE	1.5 tbsp	0.4
SALAD DRESSING, CREAMY RANCH, LITE	1.5 tbsp	0.2
SALAD DRESSING, CREAMY RANCH, REGULAR	1.5 tbsp	0.1
SALAD DRESSING, ITALIAN	1.5 tbsp	0.4*
SALAD DRESSING, ITALIAN, FAT FREE	1.5 tbsp	0.2
SALAD DRESSING, ITALIAN, LITE	1.5 tbsp	0.2
SALAD DRESSING, ITALIAN, REGULAR	1.5 tbsp	0.2
SALAD DRESSING, OLIVE OIL AND VINEGAR	1.5 tbsp	0.5*

Snacks

Food Items	Serving Size	Oxalate Value
BARS, ENERGY	one	10.6*
BARS, HIGH PROTEIN	one	20.1*
CORN CHIPS, TORTILLA	1 oz	7.1*
JELL-O CHOCOLATE PUDDING SNACKS, READY TO EAT	1 snack cup	13.6*
JELL-O VANILLA PUDDING SNACKS, RTE	1 snack cup	0.5*
JELLO, PREPARED FROM PACKET, WATER ADDED	1/2 cup	0.3*
POPCORN, AIR POPPED	3 cups	3.5
POPCORN, READY TO EAT & MICROWAVE	3 cups	4.9*
POTATO CHIP/TORTILLA CHIP COMBO , REGULAR, REDUCED FAT, BAKED	1 oz	11.8*
POTATO CHIPS	1 oz	12.1*
POTATO CHIPS, BAKED	1 oz	19.3*
POTATO CHIPS, LIGHT	1 oz"	12.2*
PRETZELS, PLAIN, HARD, SALTED	1.5 oz	6.9*

Soups and Chowder

Food Items	Serving Size	Oxalate Value
CHOWDER, CLAM, CANNED, RTS	1 cup	13.6*
SOUP, CREAM OF MUSHROOM, CANNED, 2% MILK ADDED	1 cup	1.5*
SOUP, LENTIL	1/2 cup	16.8*
SOUP, MISO	1 cup	58.3*
SOUP, TOMATO, CANNED, PREPARED WITH 1/2 WATER & 1/2 MILK	1 cup	9*

Artificial Sweeteners

Food Items	Serving Size	Oxalate Value
ASPARTAME ("EQUAL") NUTRASWEET	1 packet	0*
SACCHARIN	1 packet	0*
STEVIA	1 packet	0*
SUCRALOSE (SPLENDA)	1 packet	0*
TRUVIA	1 packet	0*

Sugars

Food Items	Serving Size	Oxalate Value
JAMS AND PRESERVES	1 tbsp	0.5*
MOLASSES	1 tbsp	0.1
SUGAR, GRANULATED	1 tsp	0*
SYRUP, PANCAKE	1 tbsp	0.5*

Vegetables

Food Items	Serving Size	Oxalate Value
ARUGULA, RAW	1/2 cup	0.3*
ASPARAGUS, BOILED, DRAINED	1/2 cup	8.7
BAKED, UNSALTED WINTER SQUASH	1/2 cup	4*
BAMBOO SHOOTS, CANNED, DRAINED SOLIDS	1/2 cup	6.3
BEETS, CANNED, DRAINED	1/2 cup	76.4*
BROCCOLI, BOILED, DRAINED, UNSALTED	1/2 cup	6
BRUSSELS SPROUTS, BOILED, DRAINED, UNSALTED	1/2 cup	17*
CABBAGE, BOILED, DRAINED, UNSALTED	1/2 cup	1.4*
CARROTS, BOILED, DRAINED, UNSALTED	1/2 cup	8.2*
CARROTS, RAW	1/2 large	4.5*
CAULIFLOWER, BOILED, DRAINED, UNSALTED	1/2 cup	0.5*
CELERY, RAW	1/2 medium	7.6*
COLESLAW (FAST FOOD)	1/2 cup	2.4*
COLLARDS, BOILED, DRAINED, UNSALTED	1/2 cup	4.9*
CORN KERNELS, SWEET YELLOW, BOILED, DRAINED, UNSALTED	1/2 cup	0.8*
CUCUMBER WITH PEEL, RAW	1/4 cuke	1*

Food Items	Serving Size	Oxalate Value
ENDIVE, RAW	1 cup	0.1*
FRENCH FRIES, FAST FOOD	6 oz	48.6*
FRENCH FRIES, SWEET POTATO	6 oz	37.1*
FROZEN FRENCH FRIES, PREPARED	6 oz	36.9
GARLIC, COOKED	1 clove	0.3*
GARLIC, POWDER	4 shakes	0.3*
GARLIC, RAW	1 clove	0.4*
GREEN BEANS, BOILED, DRAINED, UNSALTED	1/2 cup	13.6*
KALE, BOILED, DRAINED, UNSALTED	1/2 cup	1.1*
KALE, RAW	1 cup	0.7*
LETTUCE, ICEBERG	1 cup	0.4*
LETTUCE, ROMAINE	1 cup	0.3*
LIMA BEANS, BOILED, DRAINED, UNSALTED	1/2 cup	0.1*
MARINARA/SPAGHETTI SAUCE, READY TO SERVE	1/2 cup	10.4*
MIXED FROZEN VEGETABLES, BOILED, DRAINED, UNSALTED	1/2 cup	4.5*
MUSHROOMS, WHITE RAW	one	0*
MUSHROOMS, WHITE, COOKED, BOILED, DRAINED, WITHOUT SALT	one	0
MUSTARD GREENS, BOILED, DRAINED, UNSALTED	1/2 cup	1.9*
ONIONS, RAW	one	2.1*
ONIONS, SPRING OR SCALLIONS (INCLUDING TOPS & BULB), RAW	one	0*
PARSLEY, RAW	1 tbsp	0.9*
PEAS, GREEN, BOILED, DRAINED, UNSALTED	1/2 cup	0.5*
PEPPERS, GREEN HOT CHILI, CANNED	1 oz	2*
PEPPERS, GREEN, RAW	2 rings	2.2*
PEPPERS, RED, RAW	2 rings	2.2*
PICKLES, CUCUMBER, SWEET (INCLUDES BREAD & BUTTER PICKLES)	one	1*
POTATO SALAD	1/3 cup	16.9*
POTATO, BAKED, UNSALTED, FLESH & SKIN	one	91.7*
POTATO, MICROWAVED (SKIN&FLESH) WITH NO SALT ADDED	one	68*
POTATO, READY TO EAT, INSTANT, & HOME MASHED	1 cup	11.6*
POTATO, SWEET, COOKED, BAKED IN SKIN, FLESH, WITHOUT SALT	1/2 cup	54.2*
POTATO, SWEET, CANNED, DRAINED WITH SYRUP	1/2 cup	14.3*
PUMPKIN, CANNED, WITH NO SALT	1 cup	8.8*
RADISHES, RAW	2 radishes	0.1*
SALSA	1/4 cup	2.8*
SEAWEED	1/2 cup	0.7*

Food Items	Serving Size	Oxalate Value
SOYBEANS, GREEN, BOILED, DRAINED, UNSALTED	1/2 cup	48*
SPINACH, BOILED, DRAINED, UNSALTED	1/2 cup	547.4*
SPINACH, RAW	1 cup	316.2*
SQUASH, SUMMER, BOILED, DRAINED, UNSALTED	1/2 cup	0.6*
TOMATO PRODUCTS, CANNED, PASTE, WITHOUT SALT ADDED	1/4 cup	24.5*
TOMATOES, RIPE, RED	2 slices	3.1*
WATERCHESTNUTS, CHINESE ,CANNED, SOLIDS & LIQUIDS	1/8 cup	0.2*

*Updated November 2023.



Below is the ORIGINAL Harvard Oxalate List.

Fruits

> WHOLE FRUITS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Avocados	1 fruit	Very High	19mg
Dates	1 date	Very High	24mg
Grapefruit	1/2 fruit	Very High	12mg
Kiwi	1 fruit	Very High	16mg
Orange	1 fruit	Very High	29mg
Raspberries	1 cup	Very High	48mg
Tangerine	1 fruit	High	10mg
Figs	1 medium fig	Moderate	9mg
Apple Sauce	1 cup	Low	2mg
Banana	1 fruit	Low	3mg
Blackberries	1/2 cup	Low	2mg
Blueberries	1/2 cup	Low	2mg
Cherries	1 cup	Low	3mg
Limes	1/2 fruit	Low	3mg
Pears	1 fruit	Low	2mg
Pineapple	1 cup	Low	4mg
Raisins	1 oz or 1 small snack box	Low	3mg
Strawberries	1/2 cup	Low	2mg
Apples	1 fruit	Little or None	1mg
Apricots	1 fruit	Little or None	0mg
Cantaloupe	1/4 melon	Little or None	1mg
Grapes	1/2 cup or 16 seedless grapes	Little or None	1mg
Honeydew Melon	1 cup	Little or None	1mg
Lemons	1 wedge	Little or None	1mg
Mango	1 fruit	Little or None	1mg
Nectarine	1 fruit	Little or None	0mg
Papaya	1 medium fruit	Little or None	1mg
Peaches	1 fruit	Little or None	0mg
Plaintain	1 medium	Little or None	1mg
Plums	1 fruit	Little or None	0mg
Watermelon	1 slice	Little or None	1mg

> CANNED FRUITS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Canned Pineapple	1/2 cup	Very High	24mg
Canned Cherries	1/2 cup	Moderate	7mg
Cranberry Sauce	1/2 cup	Low	2mg
Canned Pears	1/2 cup	Little or None	1mg
Canned Peaches	1/2 cup	Little or None	1mg
Fruit Cocktail	1/2 cup	Little or None	1mg

> DRIED FRUITS

Dried Figs	5 pieces/fruits	Very High	24mg
Dried Pineapples	1/2 cup	Very High	30mg
Dried Prunes	1/4 cup or 5 prunes	High	11mg
Dried Apples	1 cup or 13 rings	Low	2mg
Dried Apricots	1 cup of halves	Low	3mg
Dried Cranberries	1/2 cup	Little or None	1mg

Vegetables

Food Items	Serving Size	Oxalate Category	Oxalate Value
Bamboo Shoots	1 cup	Very High	35mg
Beets	1/2 cup	Very High	76mg
Fava Beans	1/2 cup	Very High	20mg
Navy Beans	1/2 cup	Very High	76mg
Okra	1/2 cup	Very High	57mg
Olives	approx 10 olives	Very High	18mg
Parsnip	1/2 cup	Very High	15mg
Red Kidney Beans	1/2 cup	Very High	15mg
Refried Beans	1/2 cup	Very High	16mg
Rhubarb	1/2 cup	Very High	541mg
Rutabaga	1/2 cup mashed	Very High	31mg
Spinach, cooked	1/2 cup	Very High	755mg
Spinach, raw	1 cup	Very High	656mg
Tomato Sauce	1/2 cup	Very High	17mg
Turnip	1/2 cup mashed	Very High	30mg
Yams	1/2 cup, cubed	Very High	40mg
Carrots, raw	1/2 lg carrot	Very High	15 mg
Celery, Cooked	1 cup	High	10mg
Collards	1 cup	High	10mg
Artichokes	1 small bud	Moderate	5mg
Asparagus	4 spears	Moderate	6mg
Carrots, cooked	1/2 cup sliced	Moderate	7mg
Hot Chili Peppers	1/2 cup	Moderate	5mg
Mixed Vegetables, frozen	1/2 cup	Moderate	5mg
Oriental Vegetables, frozen	1/2 cup	Moderate	6mg
Soybeans	1 cup	Very High	96mg
String Beans	1/2 cup	Moderate	9mg
Tomato	1 med whole	Moderate	7mg
Brussel Sprouts	1/2 cup frozen	Very High	17mg
Celery, raw	1/2 Cup	Very High	19mg
Kale	1 cup chopped	Low	2mg
Mung Beans	1/2 cup	Moderate	8mg
Mustard Greens	1 cup chopped	Low	4mg
Sea Vegetables	1 cup	Low	3mg

Food Items	Serving Size	Oxalate Category	Oxalate Value
Alfalfa Sprouts	1/2 cup	Little or None	0mg
Bok Choy (Chinese Cabbage)	1 cup, raw	Little or None	1mg
Broccoli	1/2 cup chopped	Moderate	6mg
Cabbage	1/2 cup	Little or None	1mg
Cauliflower	1/2 cup cooked	Little or None	1mg
Chives	1 tsp	Little or None	0mg
Corn	1/2 cup	Little or None	1mg
Cucumber	1/4 cucumber	Little or None	1mg
Endive	1/2 cup	Little or None	0mg
Green Pepper	1/2 Cup	Moderate	5mg
Iceberg Lettuce	1 cup	Little or None	0mg
Mushrooms	1 mushroom	Little or None	0mg
Onions	1 small onion	Little or None	0mg
Peas	1/2 cup	Little or None	1mg
Pickles	1 pickle	Little or None	0mg
Radish	10 count	Little or None	0mg
Romaine Lettuce	1 cup	Little or None	0mg
Scallions	1/2 cup	Little or None	1mg
Sauerkraut	1/2 cup	Little or None	1mg
Waterchestnuts	4 waterchestnuts	Little or None	0mg
Yellow Squash	1/2 cup	Low	4mg
Zucchini	1/2 cup	Little or None	1mg

> POTATOES

French Fries (homemade or fast food)	4 oz or 1/2 cup	Very High	51mg
Baked Potato with Skin	1 medium	Very High	97mg
Mashed Potatoes	1 cup	Very High	29mg
Potato Chips	1 oz	Very High	21mg
Potato Salad	1/3 cup	Very High	17mg
Sweet Potatoes	1 cup	Very High	28mg

Dairy

> CREAM PRODUCTS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Homemade Cream Sauce	1 cup	Low	3mg
Coffee Creamer	1 Tbs	Little or None	0mg
Non-Dairy Creamer	1 Tbs	Little or None	0mg
Sour Cream	1 Tbs	Little or None	0mg

> ICE CREAMS

Ice Cream (Vanilla)	1/2 cup	Little or None	0mg
Ice Cream Light	1/2 cup	Little or None	0mg
Non Fat Ice Cream	1/2 cup	Little or None	0mg

> YOGURT PRODUCTS

Plain Yogurt	1 cup	Low	2mg
Yogurt with Fruit	8 oz	Little or None	1mg
Non Fat Yogurt with Fruit	8 oz	Little or None	1mg
Frozen Yogurt	1/2 cup	Little or None	1mg
Lowfat Frozen Yogurt	1/2 cup	Little or None	1mg

> CHEESE PRODUCTS

American Cheese	1 slice	Little or None	0mg
Cheddar Cheese	1 slice	Little or None	0mg
Low Fat Cheese	1 slice	Little or None	0mg
Cottage Cheese	1/2 cup	Little or None	0mg
Low Fat Cottage Cheese	1 cup	Little or None	0mg
Cottage Cheese Fat Free	1/2 cup	Little or None	1mg
Mozzarella Cheese	1 oz	Little or None	0mg

> EGGS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Eggs	1 medium	Little or None	0mg
Egg Beaters	4 oz	Little or None	0mg

> DAIRY SPREADS

Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Low Fat Cream Cheese	1 oz	Little or None	1mg
Butter, Salted	1 pat	Little or None	0mg

> MILK

Chocolate Milk	1 cup	Moderate	7mg
Powered Milk	1 envelope	Low	3mg
Fat Free Milk	1 cup	Little or None	1mg
1% Milk	1 cup	Little or None	1mg
2% Milk	1 cup	Little or None	1mg
Whole Milk	1 cup	Little or None	1mg
Buttermilk	1 cup	Little or None	1mg

Breads & Grains

> BREADS

Food Items	Serving Size	Oxalate Category	Oxalate Value
French Toast	2 slices	Very High	13mg
Bagel New York	1 Bagel	Very High	40mg
English Muffin Whole Wheat	1 muffin	High	12mg
Pancakes (Homemade)	4 cakes	High	11mg
Pancakes (mix)	4 cakes	High	10mg
Blueberry Muffins	1 muffin	High	9mg
Biscuits (plain or buttermilk)	1 biscuit	Moderate	6mg
Bran Muffins	1 muffin	Moderate	5mg
Bran Muffin Low fat	1 muffin	Moderate	5mg
Cracked Wheat Bread	1 slice	Moderate	5mg
English Muffin	1 muffin	Moderate	8mg
English Muffin Multi-Grain	1 muffin	Moderate	8mg
English Muffin Wheat	1 muffin	Moderate	7mg
Low Fat Muffins	1 muffin	Moderate	5mg
Rye Bread	1 slice	Moderate	7mg
Tortillas, Corn	1 tortilla	Moderate	7mg
Tortillas, flour	1 tortilla	Moderate	8mg
White Bread	1 slice	Moderate	5mg
Wheat Bran Bread	1 slice	Moderate	7mg
Whole Oat Bread	1 slice	Moderate	5mg
Whole Wheat Bread	1 slice	Moderate	6mg
Plain Bagel	1 bagel	Moderate	9 mg
Corn Bread	1 piece	Low	4mg
Oatmeal Bread	1 piece	Low	4mg
Oat Bran Muffin	1 small muffin	Low	4mg
Oat Bran Bread	1 slice	Low	4mg

> PASTAS, RICE & GRAINS

Food Items	Serving Size	Oxalate Category	Oxalate Value
All-Purpose Flour	1 cup	Very High	17mg
Brown Rice, cooked	1 cup	Very High	24mg
Brown Rice Flour	1 cup	Very High	65mg
Buckwheat Groats	1 cup cooked	Very High	133mg
Bulgur, cooked	1 cup	Very High	86mg
Corn Grits	1 cup	Very High	97mg
Cornmeal	1 cup	Very High	64mg
Couscous	1 cup	Very High	15mg
Lasagna	1 serving	Very High	23mg
Millet, cooked	1 cup	Very High	62mg
Miso	1 cup	Very High	40mg
Rice Bran	1 cup	Very High	281mg
Soy Flour	1 cup	Very High	94mg
Wheat Berries	1 cup cooked	Very High	98mg
Wheat Flour, Whole Grain	1 cup	Very High	29mg
Spaghetti	1 cup cooked	High	11mg
White Rice Flour	1 cup	High	11mg
Corn Flour	1 cup	Low	3mg
Hummus	1 Tbs	Low	4mg
Macaroni & Cheese	1 cup	Low	4mg
White Rice, cooked	1 cup	Low	4mg
Barley Malt Flour	1 cup	Little or None	0mg
Corn Bran	1 cup	Little or None	0mg
Flaxseed	1 Tbs	Little or None	0mg
Oat Bran, raw	1/3 cup	Little or None	0mg

Meats & Fish

> MEAT & MEAT ALTERNATIVES

Food Items	Serving Size	Oxalate Category	Oxalate Value
Tofu	3.5oz	Very High	13mg
Veggie Burger	1 pattie	Very High	24mg
Soy Burger	3.5oz	High	12mg
Chicken Nuggets	6 nuggets	Low	3mg
Meatballs	2 meatballs	Low	2mg
Turkey Dogs	1 dog	Low	3mg
Antelope	3 oz	Little or None	0mg
Bacon	2 slices	Little or None	0mg
Bologna	1 slice	Little or None	0mg
Buffalo	3 oz	Little or None	0mg
Chicken Dog	1 dog	Little or None	1mg
Chicken Liver	3 oz	Little or None	0mg
Chicken	3 oz	Little or None	0mg
Hot Dogs	1 dog	Little or None	1mg
Ham	3 oz	Little or None	0mg
Ground Beef	3 oz	Little or None	0mg
Lean Hamburg (85%)	3 oz	Little or None	0mg
Lean Hamburg (75%)	3 oz	Little or None	0mg
Lean Hamburg (90%)	3 oz	Little or None	1mg
Liver	3.5oz	Little or None	0mg
Moose	3oz	Little or None	0mg
Pork	5 oz	Little or None	0mg
Turkey	5 oz	Little or None	0mg
Venison	3 oz	Little or None	0mg
Wild Game Meat	3 oz	Little or None	1mg

> FISH

Tuna Salad	1 cup	Moderate	6mg
Frozen Fish Sticks	2 sticks	Low	3mg
Alaskan King Crab	3 oz or 1/2 leg	Little or None	0mg
Bluefish	1 fillet	Little or None	1mg

> FISH (CONTINUED)

Food Items	Serving Size	Oxalate Category	Oxalate Value
Clams, raw	3 oz	Little or None	0mg
Cod, pacific	3 oz or 1 fillet	Little or None	0mg
Cod Liver Fish Oil	1 tsp	Little or None	0mg
Flounder	3 oz	Little or None	0mg
Haddock	3 oz	Little or None	0mg
Halibut	3 oz	Little or None	0mg
Herring (Atlantic & Pacific)	3 oz	Little or None	1mg
Mackeral	3 oz	Little or None	0mg
Oysters	3 oz	Little or None	0mg
Pollock	3 oz	Little or None	0mg
Salmon (all types)	4 oz	Little or None	0mg
Sardines	1 can or 3.75oz	Little or None	0mg
Shrimp	3 oz	Little or None	0mg
Swordfish	1 piece	Little or None	0mg
Tuna Fish (in oil)	3.5 oz	Little or None	0mg
Tuna Fish (in water)	3.5oz	Little or None	0mg
Whiting	3 oz	Little or None	0mg

Nuts & Seeds

Food Items	Serving Size	Oxalate Category	Oxalate Value
Almonds	1 oz or 22 kernels	Very High	122mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Cashews	1 oz or 18 kernels	Very High	49mg
Peanuts	1 oz	Very High	27mg
Pistachios	1 oz or 48 kernels	Very High	14mg
Mixed Nuts (with Peanuts)	1 oz	Very High	39mg
Pumpkin Seeds	1 cup, cooked	Very High	17mg
Trail Mix	1 oz	Very High	15mg
Walnuts	1 cup or 7 nuts	Very High	31mg
Pecans	1 oz or 15 halves	High	10mg
Sunflower Seeds	1 cup	High	12mg
Flaxseed	1 Tbs	Little or None	0mg

Cakes, Candies, Cookies & Pudding Snacks

Food Items	Serving Size	Oxalate Category	Oxalate Value
Brownies	1 oz or 1/2 brownie	Very High	31mg
Cake (store brand)	1 piece	Very High	15mg
Cake (homemade)	1 piece	Very High	16mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Cake (Low Fat Only)	1 piece	High	11mg
Chocolate Chip Cookies (store brand)	1 cookie	High	10mg
Chocolate Chip Cookies (Low Fat Only)	1 cookie	Moderate	7mg
Milk Chocolate Candies	1 oz	Moderate	5mg
Pies (homemade)	1 piece or 1/8th of pie	Moderate	5mg
Apple Pie	1 piece or 1/8th of pie	Moderate	5mg
Pudding Popsicle	1 pop	Moderate	5mg
Fig Bars	1 cookie	Low	4mg
Chocolate Pudding, Instant	1/4 box or 1 oz	Low	4mg
Oatmeal Cookies (store)	1 cookie	Low	4mg
Oatmeal Cookie (home-made)	1 cookie	Low	2mg
Rice Cake	1 cake	Low	4mg
Rice Pudding	1/2 cup	Low	2mg
Snack Cakes- crème filled	1 cake	Low	3mg
Custard	1 cup	Little or None	1mg
Jello	1 cup	Little or None	1mg
Popsicle	1 stick	Little or None	0mg
Rice Krispy Treat	1 bar	Little or None	1mg
Sherbert	1/2 cup	Little or None	0mg
Tapioca Pudding	1/2 cup	Little or None	0mg
Vanilla Pudding	1 cup	Little or None	1mg

Crackers, Chips & Miscellaneous

Food Items	Serving Size	Oxalate Category	Oxalate Value
Potato Chips	1 oz	Very High	21mg
Tortilla Corn Chips	1 oz	Moderate	7mg
Popcorn, oil-popped	1 cup	Moderate	5mg
Pretzels, Hard & Salted	1 oz	Moderate	5mg
Fruit Roll-Ups	1 roll	Low	2mg
Graham Crackers	1 large rectangle	Low	2mg
Popcorn, air-popped	1 cup	Low	4mg
Ritz Crackers	5 crackers	Low	3mg
Saltines	1 cracker	Little or None	1mg
Triscuits	1 cracker	Little or None	1mg
Wheat Crackers	1 cracker	Little or None	1mg
Wheat Thins, Reduced Fat	1 cracker	Little or None	1mg

Beverages

Food Items	Serving Size	Oxalate Category	Oxalate Value
Carrot Juice	1 cup	Very High	27mg
Hot Chocolate (homemade)	1 cup	Very High	65mg
Lemonade (frozen from concentrate)	8 oz	Very High	15mg
Rice Dream	1 cup	Very High	13mg
Tea, Brewed	1 cup	Very High	14mg
Tomato Juice	1 cup	Very High	14mg
V8 Juice	1 cup	Very High	18mg
Soy Milk	1 Cup	Very High	20mg
Prune Juice	1 cup	Moderate	7mg
Apple Juice	6 oz	Low	2mg
Apricot Juice	1 cup	Low	2mg
Coffee Decaff	1 cup	Low	2mg
Orange Juice	1 cup	Low	2mg
Pineapple Juice	8 oz	Low	3mg
Postum (coffee Substitute)	1 serving	Low	2mg
Coffee	1 cup	Little or None	1mg
Gatorade	1 cup	Little or None	0mg
Grape Juice	8 oz	Little or None	1mg
Grapefruit Juice	8 oz	Little or None	0mg
Kool-Aid	1 cup	Little or None	1mg
Lemonade (diet)	8 oz	Little or None	1mg
Mango Juice	8 oz	Little or None	1mg
Sodas (all types)	8 oz	Little or None	0mg
Sweetened Instant Iced Tea	1 cup	Little or None	0mg
Water	8 oz	Little or None	0mg

> DAIRY BEVERAGES

Food Items	Serving Size	Oxalate Category	Oxalate Value
Chocolate Milk	1 cup	Moderate	7mg
Powdered Milk	1 envelope	Low	3mg
Fat Free Milk	1 cup	Little or none	1mg
1% Milk	1 cup	Little or none	1mg
2% Milk	1 cup	Little or none	1mg
Whole Milk	1 cup	Little or none	1mg

> ALCOHOLIC BEVERAGES

Beer (Regular)	1 can	Low	4mg
Beer (Light)	1 can	Low	3mg
Red Wine	4 oz	Little or None	1mg
White Wine	4 oz	Little or None	0mg
Liquor (80 proof)	1 jigger	Little or None	0mg

Spreads, Sauces & Toppings

Food Items	Serving Size	Oxalate Category	Oxalate Value
Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Miso	1 cup	Very High	40mg
Peanut Butter	1 Tbs	Very High	13mg
Peanut Butter Reduced Fat	1 Tbs	Very High	16mg
Stuffing	1 cup	Very High	36mg
Tahini	1 Tbs	Very High	16mg
Cream Sauce, Homemade	1 cup	Low	3mg
Gravy	1 cup	Low	4mg
Olive Oil & Vinegar		Low	2mg
Soy Sauce	1 Tbs	Low	3mg
Apple Butter	1 Tbs	Little or None	0mg
Butter	1 Pat	Little or None	0mg
Catsup/Ketchup	1 packet	Little or None	1mg
Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Low Fat	1 oz	Little or None	1mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Horseradish	1 Tbs	Little or None	0mg
Jam/Jelly	1 Tbs	Little or None	1mg
Italian Salad Dressing	1 Tbs	Little or None	0mg
Mayonnaise	1 Tbs	Little or None	0mg
Mustard, yellow	1 tsp or packet	Little or None	1mg
Pancake Syrup	3/4 Tbs	Little or None	0mg
Salsa	1 Tbs	Little or None	1mg
Whipped Cream	2 Tbs	Little or None	0mg
Whipped Topping	2 Tbs	Little or None	0mg

Ingredients

Food Items	Serving Size	Oxalate Category	Oxalate Value
All-Purpose Flour	1 cup	Very High	17mg
Brown Rice Flour	1 cup	Very High	65mg
Cocoa Powder	4 tsp	Very High	67mg
Cornmeal	1 cup	Very High	64mg
Soy Flour		Very High	94mg
Soy Protein Isolate	1 oz	Very High	27mg
Wheat Flour, Whole Grain	1 cup	Very High	29mg
White Rice Flour	1 cup	High	11mg
Chili Powder	1 tbs	Moderate	7mg
Brewer's Yeast	1 tbs	Moderate	7mg
Corn Flour	1 cup	Low	3mg
Cornstarch	1 cup	Low	3mg
Lemon Juice (canned or bottled)	1 cup	Low	4mg
Artificial Sweetner	1 packet	Very Low	1mg
Stevia Sweetner*	1 tsp	Very High	42mg
Bullion Cube	1 cube	Very Low	1mg
Black Pepper	1 dash	Very Low	0mg
Barley Flour	1/2 cup	Very High	41mg
Brown Sugar	1 cup packed	Very Low	1mg
Butter	1 pat	Very Low	0mg
Buttermilk	1 cup	Very Low	1mg
Corn Syrup (high Fructose)	1 tbs	Very Low	1mg
Corn Syrup (Light)	1 tbs	Very Low	0mg
Cod Liver Oil	1 tsp	Very Low	0mg
Cream Substitute	1 tsp	Very Low	0mg
Cream	1 tbs	Very Low	0mg
Eggs	1 medium egg	Very Low	0mg
Eggbeaters	4 oz	Very Low	0mg
Garlic Powder	1 tsp	Very Low	0mg
Gelatin	1 tbs or 1 envelope	Very Low	0mg
Honey	1 tbs	Very Low	0mg
Lard	1 tsp	Very Low	0mg
Lemon Juice Raw (concentrate)	1 tbs	Very Low	0mg

*once processed there is NO oxalate in stevia

> **INGREDIENTS** (CONTINUED)

Food Items	Serving Size	Oxalate Category	Oxalate Value
Molasses	1 tbs	Very Low	0mg
Oat Flour	1 cup	Very Low	0mg
Salt	1 tsp	Very Low	0mg
Shortening	1 tsp	Very Low	0mg
Sugar	1 tsp	Very Low	0mg
Sweet Whey Fluid	1 cup	Very Low	1mg
Sweet Whey Dried	1 tbs	Very Low	0mg

Fast Food Items or Meals

Food Items	Serving Size	Oxalate Category	Oxalate Value
Burritos with beans	1 burrito	Very High	17mg
Burritos with beans & meat	1 burrito	Very High	16mg
Cheeseburger with bun	1 burger & bun	Very High	13mg
Chili with Beans	1 cup	Very High	24mg
Enchilada with Cheese & beef	1 enchilada	Very High	13mg
Enchilada with Chicken	1 enchilada	Very High	13mg
French Fries	4 oz	Very High	51mg
Lasagna with meat	1 serving	Very High	23mg
Nachos with Cheese	6-8 chips	Very High	13mg
Pizza with Cheese	2 slices	Very High	13mg
Grilled Cheese Sandwich	1 sandwich	High	12mg
Tacos	1 small taco	High	12mg
Doughnut	1 doughnut	Moderate	5mg
Eggroll	1 eggroll	Moderate	5mg
Hot Dog with Bun	1 dog with bun	Moderate	9mg
Onion Rings	6-8 rings	Moderate	5mg
Chicken Nuggets	6 nuggets	Low	3mg
Macaroni & Cheese	1 cup	Low	4mg
Chicken Roll	1 package	Very Low	1mg

Soups

Food Items	Serving Size	Oxalate Category	Oxalate Value
Clam Chowder	1 cup	Very High	13mg
Lentil Soup	1 cup	Very High	39mg
Miso Soup	1 cup	Very High	111mg
Vegetable Beef Soup	1 cup	Moderate	5mg
Chicken Noodle Soup	1 can	Low	3mg

Breakfast Items

Food Items	Serving Size	Oxalate Category	Oxalate Value
Cream of Wheat	1 cup	Very High	18mg
Red River Cereal	1/4 cup	Very High	13mg
Corn Grits	1 cup	Very High	97mg
Farina Cereal	1 cup	Very High	16mg
French Toast	2 slices	Very High	13mg
Pancakes (Homemade)	4 pancakes	Very High	22mg
Pancakes (dry mix)	4 pancakes	Very High	37mg
Danish Pastry Homemade	1 pastry	Very High	14mg
Sweet Rolls Low Fat	1 pastry	Very High	13mg
English Muffins Whole Wheat ONLY	1 muffin	High	12mg
Bran Muffins (store)	1 muffin	Moderate	5mg
Bran Muffin Low Fat	1 muffin	Moderate	5mg
Blueberry Muffins	1 muffin	Moderate	9mg
Doughnut	1 doughnut	Moderate	5mg
English Muffins - Reg	1 muffin	Moderate	8mg

› **BREAKFAST ITEMS** (CONTINUED)

Food Items	Serving Size	Oxalate Category	Oxalate Value
English Muffins - Multi-Grain	1 muffin	Moderate	8mg
English Muffins - Wheat	1 muffin	Moderate	7mg
Muffins Low Fat	1 muffin	Moderate	5mg
Poptart	1 tart	Moderate	7mg
Cornbread	1 piece	Low	4mg
Danish Pastry, Fruit Filled	1 pastry	Low	4mg
Granola Bars Low Fat	1 oz uncoated	Low	2mg
Kashi Go Lean Bar	1 bar	Low	3mg
Bacon	2 slices	Very Low	0mg
Carnation Instant Breakfast	1 packet	Very Low	1mg
Eggs	1 medium egg	Very Low	0mg
Eggbeaters	4 oz	Very Low	0mg
Granola Bars- Hard & Plain	1 bar	Very Low	1mg
Oatmeal Cereal	1 cup	Very Low	0mg
Pancake Syrup	3/4 tbs	Very Low	0mg

Cereals by Manufacturer

> KELLOGG'S

Food Items	Serving Size	Oxalate Category	Oxalate Value
All-Bran Original	1/2 cup	Very High	26mg
All-Bran Buds	1/2 cup	Very High	20mg
Complete Wheat Bran	3/4 cup	Very High	34mg
Cracklin' Oat Bran	3/4 cup	Very High	15mg
Frosted Mini-Wheats	1 cup	Very High	28mg
Just Right Fruit & Nut	1 cup	Very High	13mg
Low Fat Granola with Raisins	2/3 cup	Very High	16mg
Kashi Go Lean	3/4 cup	Very High	14mg
Mueslix Apple & Almond Crunch	2/3 cup	Very High	20mg
Mueslix	2/3 cup	Very High	17mg
Puffed Kashi	1 cup	Very High	13mg
Raisin Bran	1 cup	Very High	46mg
Raisin Bran Crunch	1 cup	Very High	27mg
Raisin Squares Mini-Wheats	3/4 cup	Very High	41mg
Smart Start	1 cup	Very High	15mg
All-Bran with Extra Fiber	1/2 cup	High	11mg
Cocoa Krispies	3/4 cup	High	11mg
Kashi Good Friends	3/4 cup	High	10mg
Complete Oat Bran Flakes	3/4 cup	Moderate	5mg
Kashi Heart to Heart	3/4 cup	Moderate	8mg
Healthy Choice Multi-Grain Flakes	3/4 cup	Moderate	7mg
Froot Loops	1 cup	Low	2mg
Honey Crunch Corn Flakes	3/4 cup	Low	3mg
Rice Krispies	1 1/4 cup	Low	4mg
Special K	1 cup	Low	3mg
Special K Red Berries	1 cup	Low	2mg

› **KELLOGG'S** (CONTINUED)

Food Items	Serving Size	Oxalate Category	Oxalate Value
Special K Low Carb Smacks	1/2 Cup	Very High	35mg
Corn Flakes	3/4 cup	Low	3mg
Corn Pops	1 cup	Very Low	1mg
Crispix	1 cup	Very Low	1mg
Frosted Flakes	1 cup	Very Low	1mg
Product 19	3/4 cup	Very Low	1mg

› **POST CEREALS**

100% Bran	1/3 cup	Very High	25mg
40% Bran	3/4 cup	Very High	36mg
Banana Nut Crunch	1 cup	Very High	25mg
Cranberry Almond Crunch (Morning Traditions)	1 cup	Very High	35mg
Fruit & Fiber Dates, Raisins & Walnuts	1 cup	Very High	41mg
Great Grains Raisin, Dates & Pecans	2/3 cup	Very High	17mg
Great Grains Crunch Pecan	2/3 cup	Very High	18mg
Grape Nuts	1/2 cup	Very High	14mg
Original Shredded Wheat & Bran	1 1/4 cup	Very High	53mg
Blueberry Morning	3/4 cup	Moderate	8mg
Grape Nuts Flakes	1/2 cup	Moderate	7mg
Fruity Pebbles	3/4 cup	Low	2mg
Honey Bunches of Oats with Almonds	3/4 cup	Low	2mg
Honey Bunches of Oats Honey Roasted	3/4 cup	Low	3mg
Honeycomb	1 1/3 cup	Very Low	1mg
Wafflecrisp	1 cup	Very Low	1mg

› GENERAL MILLS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Basic 4	1 cup	Very High	17mg
Fiber One	1/2 cup	Very High	13mg
Honey Nut Clusters	1 cup	Very High	23mg
Multi-Bran Chex	1 cup	Very High	36mg
Nature Valley Cinnamon & Raisins Granola	3/4 cup	Very High	13mg
Oatmeal Crisp with Almonds	1 cup	Very High	24mg
Oatmeal Raisin Crisp	1 cup	Very High	13mg
Raisin Nut Bran	1 cup	Very High	24mg
Total Raisin Bran	1 cup	Very High	31mg
Harmony	1 1/4 cup	High	11mg
Wheaties Raisin Bran	1 cup	High	11mg
Apple Cinnamon Cheerios	3/4 cup	Moderate	5mg
Berry Bust Cheerios	1 cup	Moderate	7mg
Cheerios	1 cup	Moderate	8mg
Cinnamon Toast Crunch	3/4 cup	Moderate	5mg
Corn Chex	1 cup	Moderate	5mg
Count Chocula	1 cup	Moderate	5mg
Frosted Cheerios	1 cup	Moderate	6mg
Honey Nut Cheerios	1 cup	Moderate	7mg
Golden Grahams	3/4 cup	Moderate	9mg
Lucky Charms	1 cup	Moderate	5mg
Reese's Puffs	3/4 cup	Moderate	8mg
Team Cheerios	1 cup	Moderate	6mg
Total Corn Flakes	1 1/3 cup	Moderate	5mg
Wheat Chex	1 cup	Moderate	7mg
Wheaties	1 cup	Moderate	8mg
Whole Grain Total	3/4 cup	Moderate	8mg
Cocoa Puffs	1 cup	Low	3mg
Kix	1 1/3 cup	Low	2mg
Rice Chex	1 1/4 cup	Low	4mg
Trix	1 cup	Very Low	0mg

› **QUAKER**

Food Items	Serving Size	Oxalate Category	Oxalate Value
Low Fat 100% Natural Granola with Raisins	3/4 cup	Very High	15mg
100% Natural Granola Oats & Honey	1/2 cup	Very High	13mg
Oat Bran	1 1/4 cup	High	10mg
Honey Nut Oats	1 oz	Moderate	7mg
Oatmeal Squares	1 cup	Moderate	5mg
Puffed Wheat	1 1/4 cup	Moderate	9mg
Toasted Oatmeal	1 oz	Moderate	6mg
Puffed Rice	1 cup	Low	2mg
Oaker Oat Cinnamon Life	3/4 cup	Low	3mg
Quaker Oat Life	3/4 cup	Low	3mg
Cap'n Crunch	3/4 cup	Very Low	0mg

Other Cereal Brands

Food Items	Serving Size	Oxalate Category	Oxalate Value
Bran Flakes with Raisins, Single Brand	1 cup	Very High	57mg
Nabisco Shredded Wheat	2 biscuits	Very High	42mg
Nabisco Honey Nut Shredded Wheat Bite Size	1 cup	Very High	47mg
Spoonsize Shredded Wheat	1 cup	Very High	45mg
Uncle Sam	1 cup	High	11mg
Just Right with Crunchy Nuggets	1 cup	Moderate	5mg
Wheetabix Whole Wheat	2 biscuits	Moderate	8mg
Healthy Valley Oat Bran Flakes	1 cup	Very Low	0mg

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