

• KIDNEY STONE DIET •

# Oxalate

**FOOD LIST**

**2024**

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](https://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.

I took the [Complete Harvard Oxalate Food List](#) and created a second list called [Your Safe Oxalate Food List](#). This is a separate list of oxalate foods that are perfectly safe to eat. I did this because I continually hear my patients say *"there is nothing to eat."* and listing all the "safe to eat" foods reminds us there is much to choose from. However, having both lists in one place is a good thing in that you still need to remember what foods are super high in oxalate—these foods can be found in the Complete Harvard List.

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.

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](http://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](https://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!](#)



## KIDNEY STONE DIET

with Jill Harris, LPN, CHC

THE SAFE

# Oxalate

FOOD LIST

SECOND EDITION

# Cold Cereal

Food Items	Serving Size	Oxalate Value
100% NATURAL GRANOLA, OATS, WHEAT & HONEY	2/3 cup	13
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*
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*
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
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, BLACK, BOILED, UNSALTED	1/2 cup	10.5*
BEANS, RED KIDNEY, BOILED, UNSALTED	1/2 cup	9.9*
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
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
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*

# 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*
PIZZA, RESTAURANT & FROZEN CHEESE	2 slices	8.5*

# Nuts and Seeds

Food Items	Serving Size	Oxalate Value
COCONUT MEAT, DRIED (DESICCATED), SWEETENED, SHREDDED	1 tbsp	0.1*
COCONUT MEAT, RAW	1/8 cup	0.1*
FLAXSEED, GROUND	1 tbsp	0.2*
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
COUSCOUS, COOKED	1 cup	15.1*
OAT BRAN, RAW	1/2 cup	0*
RICE, BROWN, COOKED LONG GRAIN	1 cup	18.7*
RICE, WHITE, COOKED LONG GRAIN	1 cup	3.8*
SPAGHETTI, COOKED	1 cup	16.5*
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, 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
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, 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, 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*
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*

\* Indicates directly measured value. Updated November 2023.

The Harvard School of Public Health thanks Dr. John Knight (University of Alabama School of Medicine), whose laboratory measured the oxalate content of many foods on this list.

While this safe oxalate list was compiled to show you the oxalate content of all the foods that you could possibly work into your lifestyle, we are not recommending you eat the unhealthy foods listed here simply because they are low oxalate. We listed them by oxalate content alone, not overall nutrition quality.



• THE COMPLETE •

# HARVARD *Oxalate*

F O O D L I S T

SECOND EDITION

Presented by Jill Harris • [KidneyStoneDiet.com](http://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
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
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*

Harvard Oxalate List Updated November 2023.

\* Indicates updated values.



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