

• 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 Value
Avocados	1 fruit	19mg
Dates	1 date	24mg
Grapefruit	1/2 fruit	12mg
Kiwi	1 fruit	16mg
Orange	1 fruit	29mg
Raspberries	1 cup	48mg
Tangerine	1 fruit	10mg
Figs	1 medium fig	9mg
Apple Sauce	1 cup	2mg
Banana	1 fruit	3mg
Blackberries	1/2 cup	2mg
Blueberries	1/2 cup	2mg
Cherries	1 cup	3mg
Limes	1/2 fruit	3mg
Pears	1 fruit	2mg
Pineapple	1 cup	4mg
Raisins	1 oz or 1 small snack box	3mg
Strawberries	1/2 cup	2mg
Apples	1 fruit	1mg
Apricots	1 fruit	0mg
Cantaloupe	1/4 melon	1mg
Grapes	1/2 cup or 16 seedless grapes	1mg
Honeydew Melon	1 cup	1mg
Lemons	1 wedge	1mg
Mango	1 fruit	1mg
Nectarine	1 fruit	0mg
Papaya	1 medium fruit	1mg
Peaches	1 fruit	0mg
Plaintain	1 medium	1mg
Plums	1 fruit	0mg
Watermelon	1 slice	1mg

Original Harvard List

> CANNED FRUITS

Food Items	Serving Size	Oxalate Value
Canned Pineapple	1/2 cup	24mg
Canned Cherries	1/2 cup	7mg
Cranberry Sauce	1/2 cup	2mg
Canned Pears	1/2 cup	1mg
Canned Peaches	1/2 cup	1mg
Fruit Cocktail	1/2 cup	1mg

> DRIED FRUITS

Dried Figs	5 pieces/fruits	24mg
Dried Pineapples	1/2 cup	30mg
Dried Prunes	1/4 cup or 5 prunes	11mg
Dried Apples	1 cup or 13 rings	2mg
Dried Apricots	1 cup of halves	3mg
Dried Cranberries	1/2 cup	1mg

Original Harvard List

Vegetables

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

Food Items	Serving Size	Oxalate Value
Alfalfa Sprouts	1/2 cup	0mg
Bok Choy (Chinese Cabbage)	1 cup, raw	1mg
Broccoli	1/2 cup chopped	6mg
Cabbage	1/2 cup	1mg
Cauliflower	1/2 cup cooked	1mg
Chives	1 tsp	0mg
Corn	1/2 cup	1mg
Cucumber	1/4 cucumber	1mg
Endive	1/2 cup	0mg
Green Pepper	1/2 Cup	5mg
Iceberg Lettuce	1 cup	0mg
Mushrooms	1 mushroom	0mg
Onions	1 small onion	0mg
Peas	1/2 cup	1mg
Pickles	1 pickle	0mg
Radish	10 count	0mg
Romaine Lettuce	1 cup	0mg
Scallions	1/2 cup	1mg
Sauerkraut	1/2 cup	1mg
Waterchestnuts	4 waterchestnuts	0mg
Yellow Squash	1/2 cup	4mg
Zucchini	1/2 cup	1mg

> POTATOES

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

Dairy

> CREAM PRODUCTS

Food Items	Serving Size	Oxalate Value
Homemade Cream Sauce	1 cup	3mg
Coffee Creamer	1 Tbs	0mg
Non-Dairy Creamer	1 Tbs	0mg
Sour Cream	1 Tbs	0mg

> ICE CREAMS

Ice Cream (Vanilla)	1/2 cup	0mg
Ice Cream Light	1/2 cup	0mg
Non Fat Ice Cream	1/2 cup	0mg

> YOGURT PRODUCTS

Plain Yogurt	1 cup	2mg
Yogurt with Fruit	8 oz	1mg
Non Fat Yogurt with Fruit	8 oz	1mg
Frozen Yogurt	1/2 cup	1mg
Lowfat Frozen Yogurt	1/2 cup	1mg

> CHEESE PRODUCTS

American Cheese	1 slice	0mg
Cheddar Cheese	1 slice	0mg
Low Fat Cheese	1 slice	0mg
Cottage Cheese	1/2 cup	0mg
Low Fat Cottage Cheese	1 cup	0mg
Cottage Cheese Fat Free	1/2 cup	1mg
Mozzarella Cheese	1 oz	0mg

> EGGS

Food Items	Serving Size	Oxalate Value
Eggs	1 medium	0mg
Egg Beaters	4 oz	0mg

> DAIRY SPREADS

Cream Cheese	1 oz	0mg
Cream Cheese Fat Free	1 oz	1mg
Low Fat Cream Cheese	1 oz	1mg
Butter, Salted	1 pat	0mg

> MILK

Chocolate Milk	1 cup	7mg
Powered Milk	1 envelope	3mg
Fat Free Milk	1 cup	1mg
1% Milk	1 cup	1mg
2% Milk	1 cup	1mg
Whole Milk	1 cup	1mg
Buttermilk	1 cup	1mg

Original Harvard List

Breads & Grains

> BREADS

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

> PASTAS, RICE & GRAINS

Food Items	Serving Size	Oxalate Value
All-Purpose Flour	1 cup	17mg
Brown Rice, cooked	1 cup	24mg
Brown Rice Flour	1 cup	65mg
Buckwheat Groats	1 cup cooked	133mg
Bulgur, cooked	1 cup	86mg
Corn Grits	1 cup	97mg
Cornmeal	1 cup	64mg
Couscous	1 cup	15mg
Lasagna	1 serving	23mg
Millet, cooked	1 cup	62mg
Miso	1 cup	40mg
Rice Bran	1 cup	281mg
Soy Flour	1 cup	94mg
Wheat Berries	1 cup cooked	98mg
Wheat Flour, Whole Grain	1 cup	29mg
Spaghetti	1 cup cooked	11mg
White Rice Flour	1 cup	11mg
Corn Flour	1 cup	3mg
Hummus	1 Tbs	4mg
Macaroni & Cheese	1 cup	4mg
White Rice, cooked	1 cup	4mg
Barley Malt Flour	1 cup	0mg
Corn Bran	1 cup	0mg
Flaxseed	1 Tbs	0mg
Oat Bran, raw	1/3 cup	0mg

Meats & Fish

> MEAT & MEAT ALTERNATIVES

Food Items	Serving Size	Oxalate Value
Tofu	3.5oz	13mg
Veggie Burger	1 pattie	24mg
Soy Burger	3.5oz	12mg
Chicken Nuggets	6 nuggets	3mg
Meatballs	2 meatballs	2mg
Turkey Dogs	1 dog	3mg
Antelope	3 oz	0mg
Bacon	2 slices	0mg
Bologna	1 slice	0mg
Buffalo	3 oz	0mg
Chicken Dog	1 dog	1mg
Chicken Liver	3 oz	0mg
Chicken	3 oz	0mg
Hot Dogs	1 dog	1mg
Ham	3 oz	0mg
Ground Beef	3 oz	0mg
Lean Hamburg (85%)	3 oz	0mg
Lean Hamburg (75%)	3 oz	0mg
Lean Hamburg (90%)	3 oz	1mg
Liver	3.5oz	0mg
Moose	3oz	0mg
Pork	5 oz	0mg
Turkey	5 oz	0mg
Venison	3 oz	0mg
Wild Game Meat	3 oz	1mg

> FISH

Tuna Salad	1 cup	6mg
Frozen Fish Sticks	2 sticks	3mg
Alaskan King Crab	3 oz or 1/2 leg	0mg
Bluefish	1 fillet	1mg

> FISH (CONTINUED)

Food Items	Serving Size	Oxalate Value
Clams, raw	3 oz	0mg
Cod, pacific	3 oz or 1 fillet	0mg
Cod Liver Fish Oil	1 tsp	0mg
Flounder	3 oz	0mg
Haddock	3 oz	0mg
Halibut	3 oz	0mg
Herring (Atlantic & Pacific)	3 oz	1mg
Mackeral	3 oz	0mg
Oysters	3 oz	0mg
Pollock	3 oz	0mg
Salmon (all types)	4 oz	0mg
Sardines	1 can or 3.75oz	0mg
Shrimp	3 oz	0mg
Swordfish	1 piece	0mg
Tuna Fish (in oil)	3.5 oz	0mg
Tuna Fish (in water)	3.5oz	0mg
Whiting	3 oz	0mg

Original Harvard List

Nuts & Seeds

Food Items	Serving Size	Oxalate Value
Almonds	1 oz or 22 kernels	122mg
Candies with Nuts (ex Snickers)	2 oz	38mg
Cashews	1 oz or 18 kernels	49mg
Peanuts	1 oz	27mg
Pistachios	1 oz or 48 kernels	14mg
Mixed Nuts (with Peanuts)	1 oz	39mg
Pumpkin Seeds	1 cup, cooked	17mg
Trail Mix	1 oz	15mg
Walnuts	1 cup or 7 nuts	31mg
Pecans	1 oz or 15 halves	10mg
Sunflower Seeds	1 cup	12mg
Flaxseed	1 Tbs	0mg

Original Harvard List

Cakes, Candies, Cookies & Pudding Snacks

Food Items	Serving Size	Oxalate Value
Brownies	1 oz or 1/2 brownie	31mg
Cake (store brand)	1 piece	15mg
Cake (homemade)	1 piece	16mg
Candies with Nuts (ex Snickers)	2 oz	38mg
Chocolate Syrup	2 Tbs	38mg
Fudge Sauce	2 Tbs	28mg
Cake (Low Fat Only)	1 piece	11mg
Chocolate Chip Cookies (store brand)	1 cookie	10mg
Chocolate Chip Cookies (Low Fat Only)	1 cookie	7mg
Milk Chocolate Candies	1 oz	5mg
Pies (homemade)	1 piece or 1/8th of pie	5mg
Apple Pie	1 piece or 1/8th of pie	5mg
Pudding Popsicle	1 pop	5mg
Fig Bars	1 cookie	4mg
Chocolate Pudding, Instant	1/4 box or 1 oz	4mg
Oatmeal Cookies (store)	1 cookie	4mg
Oatmeal Cookie (homemade)	1 cookie	2mg
Rice Cake	1 cake	4mg
Rice Pudding	1/2 cup	2mg
Snack Cakes- crème filled	1 cake	3mg
Custard	1 cup	1mg
Jello	1 cup	1mg
Popsicle	1 stick	0mg
Rice Krispy Treat	1 bar	1mg
Sherbert	1/2 cup	0mg
Tapioca Pudding	1/2 cup	0mg
Vanilla Pudding	1 cup	1mg

Crackers, Chips & Miscellaneous

Food Items	Serving Size	Oxalate Value
Potato Chips	1 oz	21mg
Tortilla Corn Chips	1 oz	7mg
Popcorn, oil-popped	1 cup	5mg
Pretzels, Hard & Salted	1 oz	5mg
Fruit Roll-Ups	1 roll	2mg
Graham Crackers	1 large rectangle	2mg
Popcorn, air-popped	1 cup	4mg
Ritz Crackers	5 crackers	3mg
Saltines	1 cracker	1mg
Triscuits	1 cracker	1mg
Wheat Crackers	1 cracker	1mg
Wheat Thins, Reduced Fat	1 cracker	1mg

Original Harvard List

Beverages

Food Items	Serving Size	Oxalate Value
Carrot Juice	1 cup	27mg
Hot Chocolate (homemade)	1 cup	65mg
Lemonade (frozen from concentrate)	8 oz	15mg
Rice Dream	1 cup	13mg
Tea, Brewed	1 cup	14mg
Tomato Juice	1 cup	14mg
V8 Juice	1 cup	18mg
Soy Milk	1 Cup	20mg
Prune Juice	1 cup	7mg
Apple Juice	6 oz	2mg
Apricot Juice	1 cup	2mg
Coffee Decaff	1 cup	2mg
Orange Juice	1 cup	2mg
Pineapple Juice	8 oz	3mg
Postum (coffee Substitute)	1 serving	2mg
Coffee	1 cup	1mg
Gatorade	1 cup	0mg
Grape Juice	8 oz	1mg
Grapefruit Juice	8 oz	0mg
Kool-Aid	1 cup	1mg
Lemonade (diet)	8 oz	1mg
Mango Juice	8 oz	1mg
Sodas (all types)	8 oz	0mg
Sweetened Instant Iced Tea	1 cup	0mg
Water	8 oz	0mg

> DAIRY BEVERAGES

Food Items	Serving Size	Oxalate Value
Chocolate Milk	1 cup	7mg
Powdered Milk	1 envelope	3mg
Fat Free Milk	1 cup	1mg
1% Milk	1 cup	1mg
2% Milk	1 cup	1mg
Whole Milk	1 cup	1mg

> ALCOHOLIC BEVERAGES

Beer (Regular)	1 can	4mg
Beer (Light)	1 can	3mg
Red Wine	4 oz	1mg
White Wine	4 oz	0mg
Liquor (80 proof)	1 jigger	0mg

Original Harvard List

Spreads, Sauces & Toppings

Food Items	Serving Size	Oxalate Value
Chocolate Syrup	2 Tbs	38mg
Fudge Sauce	2 Tbs	28mg
Miso	1 cup	40mg
Peanut Butter	1 Tbs	13mg
Peanut Butter Reduced Fat	1 Tbs	16mg
Stuffing	1 cup	36mg
Tahini	1 Tbs	16mg
Cream Sauce, Homemade	1 cup	3mg
Gravy	1 cup	4mg
Olive Oil & Vinegar		2mg
Soy Sauce	1 Tbs	3mg
Apple Butter	1 Tbs	0mg
Butter	1 Pat	0mg
Catsup/Ketchup	1 packet	1mg
Cream Cheese	1 oz	0mg
Cream Cheese Low Fat	1 oz	1mg
Cream Cheese Fat Free	1 oz	1mg
Horseradish	1 Tbs	0mg
Jam/Jelly	1 Tbs	1mg
Italian Salad Dressing	1 Tbs	0mg
Mayonnaise	1 Tbs	0mg
Mustard, yellow	1 tsp or packet	1mg
Pancake Syrup	3/4 Tbs	0mg
Salsa	1 Tbs	1mg
Whipped Cream	2 Tbs	0mg
Whipped Topping	2 Tbs	0mg

Ingredients

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

*once processed there is NO oxalate in stevia

> **INGREDIENTS** (CONTINUED)

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

Original Harvard List

Fast Food Items or Meals

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

Soups

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

Breakfast Items

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

› BREAKFAST ITEMS (CONTINUED)

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

Original Harvard List

Cereals by Manufacturer

> KELLOGG'S

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

› **KELLOGG'S** (CONTINUED)

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

› **POST CEREALS**

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

> GENERAL MILLS

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

> **QUAKER**

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

Original Harvard List

Other Cereal Brands

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

Original Harvard List

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