

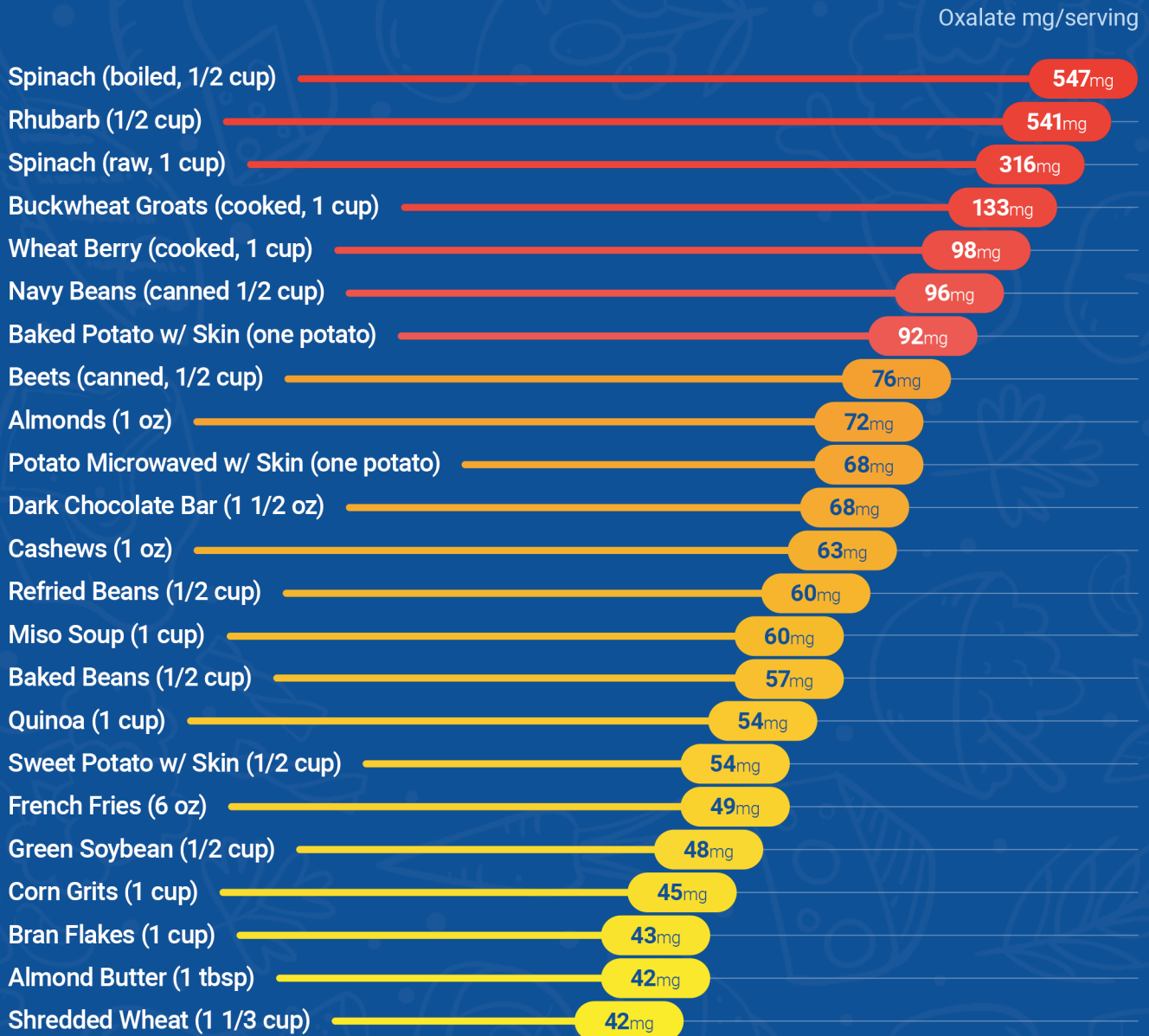


# High Oxalate Foods List

 Avoid these foods.  
 Eat these foods occasionally. Portion, not Perfection.



Learn more about oxalate—  
[read our Oxalate FAQs](#)



Use our [Searchable Oxalate List](#)



Read [Why Oxalate Levels Vary](#)