

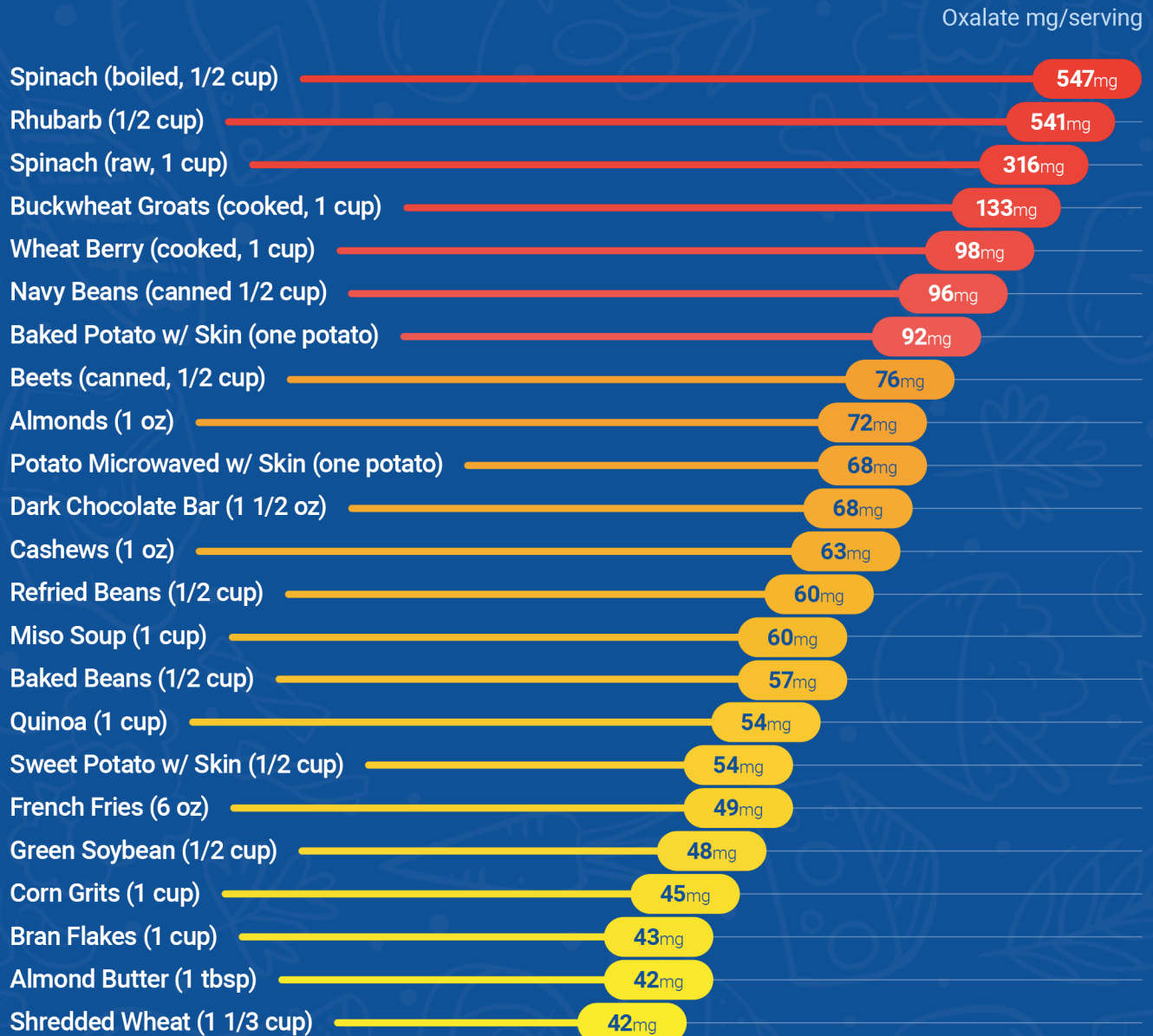


High Oxalate Foods List

 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](#)