

Chapter 1 : How To Get An Accurate Low Oxalate Food List – Low Oxalate Info

Therefore one can consider a whole food mg calcium 50 mg oxalate as a usable low oxalate diet, and a - mg oxalate diet as relatively high. The balance between diet calcium and diet oxalate does not matter greatly if diet calcium is high.

Oxalate is a compound found in many foods and produced by your body. While harmless for most people, high oxalate levels can trigger or worsen kidney stones -- an often painful condition in which pebble-like deposits form in your urinary tract. For personalized guidance, seek counsel from a doctor or registered dietitian. Many Fruits Fruits provide valuable amounts of water, fiber and antioxidants, all of which may help lower your risk for kidney stone symptoms. Many fruits are considered low-oxalate, meaning they contain less than 2 milligrams per serving. These include bananas, cherries, grapefruit, grapes, mangoes, melons, green and yellow plums and nectarines. Canned fruits including peaches and pears and dried fruits such as raisins are also low in oxalate. Selected Vegetables Like fruits, vegetables are valuable providers of water, fiber and antioxidants. Fresh vegetables are particularly nutrient-dense, meaning they contain fewer calories and more nutrients per serving compared to other foods. This makes them useful for preventing obesity -- another factor that guards against kidney stones. Low-oxalate vegetables which are also low in calories, include cabbage, chives, cauliflower, cucumbers, endive, kohlrabi, mushrooms, radishes and water chestnuts. Peas, which are legumes, are also low-oxalate. Meats and Seafood Meats and seafood provide protein, which promotes lean tissue growth and repair, and a variety of nutrients, such as B vitamins and iron. Because meats and seafood are high in purines, which can contribute to uric acid kidney stones, limiting your intake to 4 to 6 ounces per day can help prevent flareups. Lean beef, fish -- except for sardines -- lamb, poultry, pork and shellfish are all low in oxalate. Dairy Products Cheese, milk and buttermilk are all low in oxalate and valuable sources of calcium, vitamin D and protein. Calcium is important within a low oxalate diet because it binds oxalate in foods, preventing its absorption. Choose low-fat dairy products most often to avoid excessive saturated fat intake, which can increase inflammation and kidney stone symptoms. Depending on the variety, they also contribute a variety of vitamins and minerals. Low-oxalate starches include barley, corn and rice-based cereals, egg noodles, English muffins, graham crackers, plain pasta, wild rice and white rice. Condiments and Seasonings Low-oxalate condiments and seasonings can enhance the flavor and your enjoyment of low-oxalate foods. Low-oxalate seasonings include fresh or dried herbs, such as basil, oregano, peppermint and sage. Sweet flavor additives, such as corn syrup, sugar and honey, are also low. Low-oxalate condiments include Dijon mustard, ketchup and jelly. Dietary Fats Fat sources add flavor and nutrients to foods. They also help your body absorb fat-soluble nutrients, including vitamins E, D and K. Low-oxalate fat sources include mayonnaise, margarine, salad dressing and vegetable oil. Because fats are high in calories, stick to modest portion sizes.

Chapter 2 : Low Oxalate Food Lists: Why Are They So Inconsistent?

Low-oxalate condiments and seasonings can enhance the flavor and your enjoyment of low-oxalate foods. Low-oxalate seasonings include fresh or dried herbs, such as basil, oregano, peppermint and sage. Sweet flavor additives, such as corn syrup, sugar and honey, are also low.

Unfortunately, the internet and even well-meaning doctors often supply inaccurate, out-of-date food lists that can prevent healing on a low oxalate diet see [Why are the Low Oxalate Food Lists so Inconsistent?](#) Luckily, there is an easy, free way to get a comprehensive, up-to-date and accurate low oxalate food list—usually in less than 48 hours! Asparagus — Just one of the many low oxalate veggies you will find on your up-to-date and accurate low oxalate food list. They keep a current and accurate low oxalate food list on file, which contains the oxalate content of all foods that have been tested with the newer, more accurate techniques. To access this list for free, just follow these nine easy steps. At the website, you will see a short description of the group, plus an option to join. Yahoo will first ask you to sign into your Yahoo account or to create a Yahoo account. If you need to create an account, they will ask you for information like your name, email address etc. My application only had four questions and ended with a CAPTA code one of those codes that tests to see if you are a person. If you are a person, not a spammer, you will be accepted into the group within about hours it took a few days for me to get access to this group, but some people report being instantaneously approved. Low Oxalate Pumpkins are often mislabeled as high oxalate on out-of-date low oxalate lists. Once you are accepted into the Trying Low Oxalates Yahoo Group, follow the instructions supplied in the welcome email to access the website. Alternatively, sign into yahoo and go click on the link to the group. You should get access. Once you are in the oxalate spreadsheets section, you will find 2 versions of the most current, comprehensive and accurate low oxalate food list available anywhere Note: One list is a monster PDF file pgs at last count! One is an Excel File. Double click on the file its the one with the reddish icon that ends with. When the list comes up, move your cursor over the bottom center of the page until the options box becomes visible. You can always move it later. Once you have saved the low oxalate food list to your computer, it becomes much more usable! It takes you right to the kidney beans entry, and you now know kidney beans have It takes a little practice to learn how to use the find feature and how the table is organized. For example, if you type kidney beans into the search box, it will take you to the substitution chart repeatedly, but never to the entry for kidney beans. High oxalate carrots are often mislabeled as medium oxalate on out-of-date low oxalate lists. You now have the most comprehensive, up-to-date and accurate low oxalate food list available! You will find an incredible wealth of information! You may also want to start looking at the messages on the message board and if you like, post a question to the list. We are a friendly bunch and are always ready to help newcomers. Did you enjoy this post? Were you able to access the list without too much trouble? Let me know if you have any questions or run into any problems accessing your list by leaving me a comment in the comment section below. Photo credits go to thebittenword.

A low-oxalate diet is a meal plan that is low in oxalate. Oxalate is a chemical found in plant foods. You may need to eat foods that are low in oxalate to help clear kidney stones or prevent them from forming.

This site is for informational purposes only. Please consult with a qualified medical professional before making any dietary changes. Stay up to date with Low Oxalate Diet Info. Subscribe to our mailing list Oxalate is a very simple sort of molecule. It links up with calcium and crystallizes under some conditions, including when it encounters damaged tissues. The crystals formed this way can be quite irritating and painful to tissues where they cause or increase inflammation. These crystals can be especially painful if they lodge themselves in places where they get in the way of the movement of other things through tight places. These physical issues are easy to understand, but there are still many secrets being discovered about how oxalate interacts with our metabolism. Research shows that it tangles with cellular issues like altering the cell membrane by lipid peroxidation and oxidizing and interfering with the trafficking of glutathione. In the mitochondrion it impairs many enzymes that furnish the energy for cell life. Oxalate changes what happens in the cytosol, the fluid interior of cells where calcium waves regulate complex chemistry, and where it can also alter the function of ion channels. Oxalate changes calcium storage in the endoplasmic reticulum where calcium is kept available for cell signaling and cell death programs. Oxalate enters the nucleus of cells, where DNA gives the recipe for making proteins, but there oxalate modifies transcription in unknown ways that are only now being studied. Because it is so reactive, oxalate also interferes with the duties of many other positively charged ions like magnesium, zinc, copper, iron, manganese, and more. This may alter the role of these ions in enzymes and in other complex molecules. Its free state allows it to cross into the cell as an ion on transporters generally designed to move sulfate into cells. When someone is low in sulfate, this may change where oxalate is taken. Where does oxalate come from? Oxalate is present in a lot of plants and fruit that we eat. It is especially high in almost all seeds and nuts, but in some more than others. Under other conditions, such as when there is gut inflammation, a lot of dietary oxalate is absorbed. Over absorption of oxalate will also occur when the tight junctions between intestinal cells open up and let molecules pass to the other side going between the cells. This condition, called the "leaky gut", may happen during illness, or when cells in the gut die, leaving gaps, and may bring with it allergies to foods. This condition is similar to when the bladder has open junctions called the "leaky bladder", or when the blood brain barrier is compromised. How does this happen and why is it a problem? When substances move to the blood from the gut by slipping around intestinal cells, they bypass the regulation that is present when these same substances move across through the inside of these cells. Intestinal cells can control the quantity that crosses. They do this by regulating the number of transporters or carriers that span the cell membrane and allow that particular substance into the cell. After a substance crosses the cell to the blood side, it can leave the cell to join the blood using a different set of transporters that are on the blood or "exit" side. These transporters are very specific for particular chemicals or nutrients. So cells can erect barriers, if you will, to prevent too much of a substance to cross, and this regulation can protect us. Oxalate is just one of the unfortunate substances where unregulated absorption is a problem. At least now we know about oxalate, but other things in food may also be a problem, like gluten, and for some, casein, or allergenic foods. Whenever more oxalate is absorbed like this, the result is increased levels of oxalate in blood and urine and in tissues. More of it stays in the bone than anywhere, but it also goes into blood vessels, and glands, and secretory organs and even the spleen and heart. It can even get into the brain, most likely the parts of the brain that regulate hormones! Hyperoxaluria When scientists or doctors measure oxalate being high in urine, they call this hyperoxaluria. In that case, more oxalate may be retained in the body than the urine test suggests. Our bodies can also make oxalate Eating foods high in oxalate is not the only way for oxalate to get high in cells and blood. Oxalate also can be generated in the body when someone is getting high doses of vitamin C or consuming high levels of fructose. This system of microbial digestion of oxalate may be why the body seems to purposefully route excess oxalate from the rest of the body to the gut for disposal. Unfortunately, the very microbes we need to do this digesting of oxalate for us are subject to being killed by

antibiotics in common use. The main oxalate degrading bacteria, oxalobacter formigenes, does not tend to be present in breastmilk, but scientists think it must be picked up gradually from the environment. This may explain why certain people have great difficulty colonizing lactobacillus acidophilus, despite constant use of probiotics containing it. Fortunately, a probiotic formulation of a bacteria called oxalobacter formigenes is under development as a drug for patients with hyperoxaluria and related conditions, and it is currently in clinical trials, but may not be available until or How do oxalates function in the body? Scientists had wondered if oxalate might help to manage calcium in the endoplasmic reticulum, but more recent studies see its role there as more of a disruption. We just cannot find evidence that oxalate has a beneficial reason to be high in humans, or that human metabolism ever increases making oxalate to fulfill some need. Recent research on the management of oxalate trafficking in the gut and other secretory tissues is suggesting that excess oxalate secretion could end up involving changes in the regulation of fluid, pH, microbial defense, and antioxidant protection. The gut seems to be designed to eliminate excess oxalate, but perhaps when oxalate levels in the blood get much higher than what our bodies expect, then the excess oxalate may disrupt ordinary functions in the gut. Oxalate problems outside the kidneys Now that we have six years of experience in reducing oxalate in more than people in the support group associated with this website and in more people indirectly through their physicans, it seems clear that those who have had gut issues and reduce dietary oxalate are often seeing their gut function improve or normalize as they lose other chronic problems. Many who reduce dietary oxalate, but had NO obvious kidney issues, are seeing major improvements in other chronic conditions. Scientists must start looking with fresh eyes at these other conditions and their potential association to oxalate. So far, our list of conditions that improve includes fibromyalgia, interstitial cystitis, vulvodynia, depression, arthritis, and gut problems of all sorts, as wells as autism and many other developmental disorders. Scientists know that issues local to the kidneys raise risks for kidney stones. They also found out that urine oxalate levels in those with kidney stones do not tend to be very different from urine oxalate levels in the rest of us. Even so, reducing dietary oxalate can help reduce stones, especially if other treatments did not help. Kidneys provide only one site of oxalate secretion, but oxalate is also secreted to skin, to saliva, to mucus in the lungs, and to the gut and stool. The relative importance of these other modes of secretion have not been adequately studied. Risk factors relevant to these other systems may account for why some people with oxalate issues do not have kidney stones or other signs of kidney disease, but may have serious effects in other places from an excess body burden of oxalate. The body has antioxidant and other protections against oxalate which work when the body burden of oxalate is low and the antioxidant resources high. Why do plants have oxalate? So why does nature put oxalate in plants that we might eat? Plants use oxalate to protect themselves from infection or from being eaten. There is simply too much distance between the time of consumption and the appearance of problems for anyone to have noticed this issue until now when the proper science is beginning to be done. Fortunately, there are plenty of other plant foods that are equally healthy as plants that are high oxalate. It is hard to learn that plants previously thought to be highly nutritious, like spinach and field greens, are extremely high in oxalate. In fact, spinach and many nuts are also high in the poison, cyanide, and who told us that?! Now, since more testing has been done, we can enjoy eating the low oxalate plants that have high nutrition without experiencing the subtle, and insidious buildup of oxalate. We can be happy about limiting our exposure to this clear antinutrient, mitochondrial toxin, and disruptor of cell chemistry. Please feel welcome to explore the rest of our site for more information! This information is protected by copyright laws, but may be used by individuals for their own use. Any publication of these materials outside this site may only be done after expressed permission from the authors. They may be contacted here Also, the information on this site must not be construed as medical advice. Any medicines mentioned on the site must be prescribed by a licensed professional.

Chapter 4 : Eating a low oxalate diet. - Jill Harris

Low Oxalate Diet May Help Prevent Kidney Stones Kidney stones are a common disorder of the urinary tract. Kidney stones are pieces of stone-like material that form on the walls of the kidney.

The chemicals are found in the human body, as well as in animals, but are most common in fruits and vegetables. As a general rule, the leaves of a fruit and vegetable will contain more oxalates than the stems and shoots of the plant. Some rare medical conditions require low oxalate diets, and some health professionals believe that oxalates contribute the formation of kidney stones, so you may need to know which foods contain the most oxalates. Darker-colored fruits and vegetables produce more oxalates than lighter-colored plants, as a general rule. In general, a food is considered to have a high oxalate level if there are more than 10 milligrams of oxalates per serving of the food. High oxalate fruits include many berries, including blackberries, blueberries, raspberries and strawberries. Red or purple grapes also tend to contain a high level of oxalates. Plums, currants, kiwis and tangerines also top the list for high-oxalate foods. According to the University of Pittsburgh Medical Center, you will also find high levels of oxalate in the peels of many fruits, including oranges, lemons and limes. Remember, also, that juices made from high-oxalate fruits will have high oxalate levels. There are a large number of green vegetables that contain high oxalate levels. These include spinach, parsley, green pepper, leeks, olives and celery. Non-green vegetables can contain a large number of oxalates as well; some of these include carrots, beets, beans baked, dried and kidney beans , summer squash and sweet potatoes. Black tea often contains high amounts of oxalates. This is one of the more controversial high-oxalate foods. Some doctors advise patients to avoid consuming large amounts of tea because they say it contributes to forming kidney stones, while others recommend tea as a preventive for kidney stones because of its diuretic qualities. Other dark drinks, such as hot chocolate, coffee and dark or robust beers, can include high doses of oxalate. Wheat grains, including multi-grain bread, can have high oxalate levels. Other starch products, such as pretzels, rye or wheat bread and fruit cake can also contribute to high oxalate levels. Similarly, some soy products, such as soybeans and tofu, also fall into this category. Pay attention to your intake of condiments as well. The University of Pittsburgh Medical Center advises that more than 1 tsp. Interestingly enough, no meats appear on the lists of high oxalate foods. In fact, meats such as bacon, beef, pork and poultry appear on the list of low-oxalate foods from the University of Pittsburgh Medical Center.

Chapter 5 : A List of Low-Oxalate Foods | Healthy Eating | SF Gate

If your doctor determines that your kidney stones are formed from oxalate, she may recommend a low-oxalate diet. Low-oxalate foods are those that have less than 2 milligrams of oxalates per serving. When you follow a low-oxalate diet, most of your foods should be from the low-oxalate list.

Oxalate is a naturally occurring molecule found in abundance in plants and humans. In plants, oxalate helps to get rid of extra calcium by binding with it. That is why so many high-oxalate foods are from plants. How does the body process it? When we eat foods with oxalate, it travels through the digestive tract and passes out in the stool or urine. As it passes through the intestines, oxalate can bind with calcium and be excreted in the stool. However, when too much oxalate continues through to the kidneys, it can lead to kidney stones. Calcium oxalate kidney stones are the most common type of kidney stone in the United States. The higher your levels of oxalate, the greater your risk of developing these kinds of kidney stones. What is a low-oxalate diet? If you are at high risk for kidney stones, lowering the amount of oxalate that you eat may help reduce this risk. However, new research indicates that boosting your intake of calcium-rich foods when you eat foods that are high in oxalate may be a better approach than simply eliminating it from the diet. As they digest, oxalate and calcium are more likely to bind together before they get to the kidneys, making it less likely that kidney stones will form. What causes oxalate buildup? Vitamin C converts to oxalate, and levels over 1, milligrams mg per day have been shown to increase oxalate levels. The good bacteria in the gut help get rid of oxalate, and when the levels of these bacteria are low, higher amounts of oxalate can be absorbed in the body. What can reduce oxalate? Drinking enough fluid each day can help clear kidney stones or even keep them from forming. Spreading liquids throughout the day is ideal. Choosing water over other drinks is preferable. Getting enough calcium is also helpful. Getting too little calcium can increase the amount of oxalate that gets to the kidneys, which will increase the risk of kidney stones. Lowering your salt intake can also lower your risk of kidney stones. High-salt diets tend to cause more calcium to be lost in the urine. The more calcium and oxalate in the kidneys, the greater the risk of kidney stones. Lists that provide the oxalate content in foods can be confusing. The oxalate levels reported in foods can vary depending on the following factors:

Chapter 6 : Low Oxalate Diet - What You Need to Know

The Low Oxalate Diet This list was adapted from the Low Oxalate Cookbook published by The Vulvar Pain Foundation. It includes recipes, tips, guidelines, and other information about low oxalate.

Here is one from a reliable source. Get yourself acquainted with it. A lot of it will even surprise you. You are not as restricted as you think you are or as you have been told. A more dramatic list is the high oxalate foods distilled out of the big list. Not on this list? Probably not very high in oxalate so far as we know – with perhaps a few exceptions. Note that quantity is critical. The reliable source, as it turns out, needed some updating. So the lists here are the most recently edited available at present. I have created a graph for this article. Of the high oxalate foods really only a fraction are really high, and it is these you need to worry about. So here they are: These are the foods that can add up. The graph shows mg of oxalate in a common portion. The details of the portion are in the list. Eating a low oxalate diet can be overwhelming and difficult to incorporate into your daily life. Focus on the really high foods – they are easy to spot on this graph. Some names are truncated, but it should be obvious what they are; if in doubt just check the list. Medical research is endlessly argumentative, and food oxalate is no exception. A recent paper contrasts findings from 6 websites and 2 applications and finds some wide variations. It will open as a Google Document. Of the sites, the Harvard site -used here as our reference, and the Wake Forest site – which is a legacy of an outstanding investigative group have most standing with me. Leaf through the comparisons between them in the 4 charts and in the large table at the very end. On the whole differences are modest. The hyperoxaluria and oxalosis list from the paper has been withdrawn from their site. Some of this sadly is true, most of it is not. I am here to bring you good news: Almost everything, high oxalate or not, can be incorporated into your diet safely. If you do need a low oxalate diet, what is your goal? Less than mg of diet oxalate is good; less than 50 mg is ideal. If you want to read some of the science about urine oxalate and risk of stones and about how we get to the diet oxalate goals, it is summarized at the end of this article. There is every reason for stone formers to eat mg of calcium daily to protect their bones. The common hypercalciuria of calcium stone formers puts bones at special risk when diet calcium is low. Before changing your whole life around, ask yourself if you are avoiding calcium foods. If so, add them back and ask your doctor to check your urine oxalate again. It may fall enough that a low oxalate diet is not necessary. If low calcium intake is not your problem, and you need a low oxalate diet, here is my take on how to do it. Typical diets contain upward of – mg of oxalate. For stone prevention, a reasonable goal is below mg of oxalate daily. An ideal would be about 50 mg daily if that can be accomplished. To get there, consider the oxalate contents in common serving portions of all of the foods, and make up a plan for yourself. The only berry that is very high in oxalate is raspberries look at the list. On the other hand, people do not realize avocado, oranges, dates, and even grapefruit and kiwi are very high and need caution. If you incorporate any of these high oxalate fruits into your morning yogurt you can reduce some of the effects of the oxalate content. Also look at your portion sizes. You really cannot eat a lot at any one time. Dates are not a good bargain: One date is 24 mg! Figs, pineapple and prunes are standouts. If you want dried fruit, think about apples, apricots, and cranberry as lower oxalate options. Other vegetables you need to be aware of are tomato sauce, turnips, okra, and yams sweet potatoes along with beans of different sorts. I am not in the business of taking healthy foods away from people. But in the cases above you really must limit; there is just too much oxalate and these foods do not pair well with high calcium foods the way fruits can be mixed right into your yogurt or cereal and milk. Many of you have been told to stay away from all green leafy vegetables. This is not true. Look at the list. There are plenty of salad options still available for you including kale. Even though tomato sauce is high in oxalate see below that is because of concentration. A whole medium tomato is only 7 mg and who eats more than one at a time? Many of the salad vegetables are so low in oxalate they are freebies. Eat what you want. I put them into their own separate group even though they are vegetables. From french fries to baked potatoes they are very high oxalate items. One ounce of potato chips has 21 mg of oxalate and who eats one ounce? Baked potatoes are terrible. One comes in at just under mg of oxalate. Mixing sour cream into the potato will not help much; one tablespoon of sour cream contains only 14

mg of calcium. One ounce of cheddar cheese contains mg of calcium, which could help, but it increases calories, salt and fat. But all in all, why struggle so hard? Potatoes are not ideal for stone formers. They are your main source of calcium. They can add a lot of salt and can be caloric. But they reduce oxalate absorption and preserve your bones. For a stone former who has to watch salt intake, increase calcium intake, and lower oxalate intake, here is how to do that. You cannot have as much cheese as you want because of the salt. So portion sizes are very important. Yogurt, milk, even ice cream are good bargains – modest sodium and high calcium. These are a great place to add in a wee bit of chocolate – high oxalate foods – for those of you who cannot live without these high oxalate treats. Millet and bulger, wheat berries, rice bran, corn grits, and corn meal, these are widely used and are high. If you are using these, be thoughtful. Here are some low oxalate options in this category: White rice, hummus, corn flour, corn bran, flax seed, and oat bran are popular and safe. Obviously they are very high in oxalate. Just like chips no one eats one – the whole jar is more like it. But, for one cup of pumpkin sunflower or flax seeds the highest is only 17 mg of oxalate and none for flax. I know most of you have been sent home with a list and chocolate is high on it. But if you look at the numbers nuts are a lot worse than chocolate. Chocolate can be mixed in with dairy products, too, so as to reduce oxalate absorption. Even so I do want to point out that half a brownie is on the high side, and who eats one half? You can still satisfy your sugar craving but pay attention to your portion size. Keep in mind, however, that sugar loads increase urine calcium loss which increases stone risk, so there are two reasons why this food group can be a problem. Many of you have chosen a healthier alternative to sweeten up your coffee. Please note that Stevia is very high at 42 mg for one tsp so be careful. A one ounce serving contains a whopping 21 mg of oxalate. A one ounce serving. Crackers are OK mainly because they are small and the amount of flour is not that much. Lemonade, tea, tomato juices, rice dream and the like are better but still high. They are 15 – 18 mg per serving.

Chapter 7 : A List of Low-Oxalate Foods | Healthfully

Foods that are high in vitamin C can increase the body's oxalate levels. Vitamin C converts to oxalate, and levels over 1, milligrams (mg) per day have been shown to increase oxalate levels.

January 13, Kidney stones are a common urinary tract disorder. Caused by a buildup of minerals in urine, kidney stones are pieces of stone-like material that form on the walls of the kidney. Some people have kidney stones made from calcium oxalate OX-uh-layt. For these people, cutting back on salt and following a low-oxalate diet may help prevent kidney stones. In the United States, about 1 million people get kidney stones every year. Most stones are so small that they pass through the urinary system without pain. However, a large enough stone can cause extreme pain or urinary blockage. This requires treatment or surgery. Kidney stones usually affect: People between the ages of 20 and Men more often than women. People who have a family history of kidney stones. On a low-oxalate diet, you should limit your oxalate to 40 to 50 mg each day. This may help prevent kidney stones. Be sure to drink plenty of fluids. People likely to get kidney stones should drink 8 to 13 cups of fluid each day. Your body may turn extra vitamin C into oxalate. Avoid high doses of vitamin C supplements more than 2, mg of vitamin C per day. The following charts will help you eat foods low in oxalate and avoid foods high in oxalate. Food and drink serving sizes are 3. Enjoy these low-oxalate foods and drinks Eat as much of these low-oxalate foods as you like. Low-oxalate foods have less than 2 mg of oxalate per serving.

Chapter 8 : Low Oxalate Foods

Low amounts of calcium in your diet will increase your chances of forming calcium oxalate kidney stones. Many people are afraid to eat calcium because of the name "calcium oxalate stones." However, calcium binds oxalate in the intestines.

It seems like everywhere you turn, some person, organization or doctor has posted a list of low oxalate or high oxalate foods which is totally different from some other list of low oxalate or high oxalate foods. Low oxalate blueberries are often given a bad rap on out-of-date oxalate lists. Low oxalate food lists even those given to patients from well-meaning doctors can often be out-of-date and do not reflect the newer, more accurate techniques. For example, many people on a low oxalate diet are told not to eat blueberries or strawberries. I unfortunately gave up blueberries for almost 12 years thinking they were harming my body. But thanks to the dedication of many scientists and the people who fund their research! I now eat lovely low oxalate blue berries almost every day. The second explanation for some of the variation in the low oxalate food lists is that individual plants, even those of the same species, vary in oxalate content. But the oxalate content of other plants, like apples, varies greatly depending on factors such as the length of the growing season, harvesting practices, plant maturity green vs. For example, green beans are usually listed as a high oxalate food half-runner beans have Variety and growing conditions really do matter! Find Roma bean seeds for your low oxalate garden here. Bush green beans, like medium oxalate Roma beans, are easy to grow without poles or support. You can even grow them in a container on your porch! For that reason, I like to think of listed oxalate values as a snapshot of the oxalate content of a food at a particular time that is best used as a guideline, not an absolute, when making decisions about how much of some food I should consume. Chaokoh coconut milk was tested by the Vulvar Pain Foundation in and contained 0 mg. However, product formulas do change and these oxalate values may no longer be correct. One way to be sure is to call the company and ask if the product formula has changed. If you ever notice something is different, try to figure out if the new ingredient is low oxalate or not. You can then make a better choice about that whether or not to eat that product, knowing that you no longer have exact information on the oxalate content. One thing I like to do is compare two seemingly similar products to see if I can figure out what ingredients cause the difference in oxalate contents. For example, Tai Kitchen coconut milk has 6. The only differences in their ingredients is that Tai Kitchen coconut milk contains guar gum, but no preservatives, while Chaokoh coconut milk contains preservatives, but no guar gum. Otherwise, both are made from pure coconut by similar processes. This is something to keep in mind when comparing other brands that may be available at your grocery store. The easiest way to insure that you have access to the most up-to-date, accurate list of oxalate values currently available is to join the Trying Low Oxalates Yahoo Group. I give you step-by-step instructions on how to join and how to find and make a copy of the list in my post, How to get an Accurate Low Oxalate Food List. All oxalate values reported on this site were tested using the new, more accurate testing techniques or were reviewed for publication in the Low Oxalate Cookbook 2 by Dr. Please consider contributing to their testing funds or organizations, so their important work can continue.

Chapter 9 : Help Prevent Kidney Stones with a Low-Oxalate Diet | UPMC

The following are ultra-low oxalate foods available on a low oxalate diet. Meat: All fresh and frozen meats: beef, pork, chicken, turkey; fish and seafood such as flounder, salmon, tuna, shrimp, scallops; and eggs.

They want to avoid forming more kidney stones but find the recommended dietary changes frustrating and confusing. They believe they have to limit or eliminate foods they have always enjoyed and considered healthy. As a nurse, I can tell you, I would find it frustrating too. It can be especially challenging for those simultaneously battling other medical conditions such as heart disease and diabetes. This article will help you understand what you need to know about eating a low oxalate diet, and I will also share some tips so you can be successful. What oxalate list should you use? There are so many lists to choose from. Each of them gives different values and all have conflicting information. Please use one list so you are not confused. Coe and I tell our patients to use the Harvard oxalate list. We chose this list because, those of our patients who use it, and adhere to our other advise, are successful in lowering their urinary oxalate lab values. The bank account analogy. Here is a trick I use to help my clients and students understand how to lower their oxalate. I tell them every day they have an imaginary bank account filled with bucks milligrams of oxalate. It is up to them how to take their withdrawals. If my patients want to spend most of their oxalate bucks on some potatoes that day they can. They will then have fewer oxalate bucks to spend the rest of the day. This simple analogy gives them control over their diet and it also teaches them how to make conscious decisions regarding their food choices. How to use the oxalate list. You will see that most oxalate lists rate foods as high, medium, and low. I find that this is more limiting to patients as they only think they can eat the foods that are listed as low on the list. There is a lot on that list that you can still eat, even favorite foods like chocolate, potatoes, and some nuts. Please go by number of milligrams in the portion size of the food you choose. Who eats a cup of sunflower seeds in one sitting? And even if they did, that is only 12 mg of oxalate. Remember that your oxalate bank account contains mg of oxalate per day. You can easily incorporate sunflower seeds as a healthy snack option. Be aware, foods listed as low on the oxalate list can quickly add up. Hummus is a good example of this. Who the heck only eats 1 tablespoon of hummus? The lesson here is to understand how to use the list. Many of my patients will lose weight while working with me. Am I a genius? Do I have magical answers that no one else has unveiled to date? What I do have are patients who are committed to being healthy and keeping stones at bay by eating well on most days and taking care of themselves in order to lessen their stone risk. On this diet they can also simultaneously lower blood pressure, and manage heart and kidney disease. How is this done? What is the answer? Portion control is key! Do you find yourself going back for seconds after heaping up food on your first plate? Before you went for another helping of food, did you ask yourself if you were still hungry? Or is this a habit that you have acquired over the years? Many of our poor food choices are due to long standing bad habits. Many of my clients are still eating bologna sandwiches with mayo on Wonder Bread because it was what their moms packed them for lunch as a child. You can eat your favorite higher oxalate foods if you watch portion size and pair it with a glass of milk. Try flax milk or coconut milk. If you are a vegan and have been using legumes as the base of your meals, try reducing the portion size and using legumes as a smaller side dish. Many of my vegan patients continue to eat beans as a healthy protein and fiber rich food. Also pair this food choice with flax or coconut milk. Potatoes are a food that many people miss on a low oxalate diet. They are indeed very high in oxalate so you do need to limit quantities. I recommend having them once a week in a smaller portion size and combining them with a calcium rich food or beverage to help absorb the extra oxalate in the potatoes. Does this mean I can eat spinach? Unfortunately, if you ate spinach your bank account would be overdrawn by hundreds with just one salad. Spinach, almonds, and anything very high like these two foods just need to be taken out of your diet. Look at your list! You can definitely fit in a little bit of chocolate a day. If you cannot trust yourself to limit this treat, then stay away. I am a freak of nature and can just have a few and step away. We all have our favorite things that are hard to limit. Stay away from your trigger foods. What if a food is not on the list? If it is not on the list, I ask you to use this general rule of thumb “eat the food no more than once or twice a week in a normal portion size. This rule has worked for patients who adhere to it.

Not all foods have been tested. Oxalate testing is expensive. If you eat calcium rich foods with the higher oxalate foods throughout the day, you can lower your urinary oxalate levels. By how much you may ask? In this article , Dr. Most of you are told by your physician to lower your oxalate and drink more water. But lessening your kidney stone risk involves much more than just lowering oxalate levels and drinking water. Coe and I advise all patients to eat and drink calcium rich foods to help lower urinary oxalate. More on calcium in an upcoming article. Many of you will still need help after reading this article. It is tough to manage all the dietary changes needed to follow The Kidney Stone Diet. The Kidney Stone Prevention Course is designed to set you up for success, to teach you the best ways of managing the challenges of these dietary changes in order to lower your new stone risk. Read what fellow patients have said about taking the course. Did you enjoy this Article? Join my mailing list and get more content like this delivered right to your inbox. I will teach you what you need to know and, more importantly, how to put that knowledge to work so you can stop forming stones. Learn how to prevent kidney stones and enjoy life again!