

Food Sources of Oxalate

FRUITS

Blackberries

Cranberries

Blueberries

Concord

Grapes

Raspberries Fruit

Cocktail Currents

Figs

oranges

Plums

Juices: Orange , Tomato Grape

Apple

Pear

Pineapple

Tomatoes

NUTS

Almond

Peanuts

Pecans

VEGETABLES

Asparagus

Rhubarb

Spinach

Green Beans

Beets

Swiss Chard

Endive

Collards

Kale

Okra

Eggplant

Sweet Potatoes

Parsley

Brussels Sprouts

Turnip Greens

Lettuce

Lima Beans

Corn

Broccoli

BEVERAGES

Cocoa

Tea

Ovaltine

Beer

Cola Beverages

OTHERS

Chocolate

Peanut Butter

Wheat Germ

Pepper(>1 tsp/day)

Tomato Soup

Sardines

Poppy Seeds

Gelatine