

• THE DEFINITIVE •

# Oxalate

**FOOD GUIDE**

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](https://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.

I took the [Complete Harvard Oxalate Food List](#) and created a second list called [Your Safe Oxalate Food List](#). This is a separate list of oxalate foods that are perfectly safe to eat. I did this because I continually hear my patients say "*there is nothing to eat.*" and listing all the "safe to eat" foods reminds us there is much to choose from. However, having both lists in one place is a good thing in that you still need to remember what foods are super high in oxalate—these foods can be found in the Complete Harvard List.

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.

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 20 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.





## KIDNEY STONE DIET

with Jill Harris, LPN, CHC

THE SAFE

# Oxalate

FOOD 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
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
Plantain	1 medium	1mg
Plums	1 fruit	0mg
Watermelon	1 slice	1mg

## > 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



# Vegetables

Food Items	Serving Size	Oxalate Value
Bamboo Shoots	1 cup	35mg
Fava Beans	1/2 cup	20mg
Olives	approx 10 olives	18mg
Parsnip	1/2 cup	15mg
Red Kidney Beans	1/2 cup	15mg
Refried Beans	1/2 cup	16mg
Rutabaga	1/2 cup mashed	31mg
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
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
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



Food Items	Serving Size	Oxalate Value
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

Mashed Potatoes	1 cup	29mg
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



# 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
Couscous	1 cup	15mg
Lasagna	1 serving	23mg
Miso	1 cup	40mg
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



# Nuts & Seeds

Food Items	Serving Size	Oxalate Value
Candies with Nuts (ex Snickers)	2 oz	38mg
Pistachios	1 oz or 48 kernels	14mg
Pumpkin Seeds	1 cup, cooked	17mg
Trail Mix	1 oz	15mg
Pecans	1 oz or 15 halves	10mg
Sunflower Seeds	1 cup	12mg
Flaxseed	1 Tbs	0mg

# 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 (home-made)	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



# Beverages

Food Items	Serving Size	Oxalate Value
Carrot Juice	1 cup	27mg
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
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

# Spreads, Sauces & Toppings

Food Items	Serving Size	Oxalate Value
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
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
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



# 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
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
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
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

# 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 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
Smacks	3/4 cup	3mg

› **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**

Banana Nut Crunch	1 cup	25mg
Cranberry Almond Crunch (Morning Traditions)	1 cup	35mg
Grape Nuts	1/2 cup	14mg
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



# Other Cereal Brands

Food Items	Serving Size	Oxalate Value
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

While this safe oxalate list was compiled to show you the oxalate content of all the foods that you could possibly work into your lifestyle, we are not recommending you eat the unhealthy foods listed here simply because they are low oxalate. We listed them by oxalate content alone, not overall nutrition quality.



• THE COMPLETE •

# HARVARD *Oxalate*

F O O D L I S T

Presented by Jill Harris • [KidneyStoneDiet.com](http://KidneyStoneDiet.com)

# Fruits

## > WHOLE FRUITS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Avocados	1 fruit	Very High	19mg
Dates	1 date	Very High	24mg
Grapefruit	1/2 fruit	Very High	12mg
Kiwi	1 fruit	Very High	16mg
Orange	1 fruit	Very High	29mg
Raspberries	1 cup	Very High	48mg
Tangerine	1 fruit	High	10mg
Figs	1 medium fig	Moderate	9mg
Apple Sauce	1 cup	Low	2mg
Banana	1 fruit	Low	3mg
Blackberries	1/2 cup	Low	2mg
Blueberries	1/2 cup	Low	2mg
Cherries	1 cup	Low	3mg
Limes	1/2 fruit	Low	3mg
Pears	1 fruit	Low	2mg
Pineapple	1 cup	Low	4mg
Raisins	1 oz or 1 small snack box	Low	3mg
Strawberries	1/2 cup	Low	2mg
Apples	1 fruit	Little or None	1mg
Apricots	1 fruit	Little or None	0mg
Cantaloupe	1/4 melon	Little or None	1mg
Grapes	1/2 cup or 16 seedless grapes	Little or None	1mg
Honeydew Melon	1 cup	Little or None	1mg
Lemons	1 wedge	Little or None	1mg
Mango	1 fruit	Little or None	1mg
Nectarine	1 fruit	Little or None	0mg
Papaya	1 medium fruit	Little or None	1mg
Peaches	1 fruit	Little or None	0mg
Plaintain	1 medium	Little or None	1mg
Plums	1 fruit	Little or None	0mg
Watermelon	1 slice	Little or None	1mg

## > CANNED FRUITS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Canned Pineapple	1/2 cup	Very High	24mg
Canned Cherries	1/2 cup	Moderate	7mg
Cranberry Sauce	1/2 cup	Low	2mg
Canned Pears	1/2 cup	Little or None	1mg
Canned Peaches	1/2 cup	Little or None	1mg
Fruit Cocktail	1/2 cup	Little or None	1mg

## > DRIED FRUITS

Dried Figs	5 pieces/fruits	Very High	24mg
Dried Pineapples	1/2 cup	Very High	30mg
Dried Prunes	1/4 cup or 5 prunes	High	11mg
Dried Apples	1 cup or 13 rings	Low	2mg
Dried Apricots	1 cup of halves	Low	3mg
Dried Cranberries	1/2 cup	Little or None	1mg

# Vegetables

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



Food Items	Serving Size	Oxalate Category	Oxalate Value
Alfalfa Sprouts	1/2 cup	Little or None	0mg
Bok Choy (Chinese Cabbage)	1 cup, raw	Little or None	1mg
Broccoli	1/2 cup chopped	Moderate	6mg
Cabbage	1/2 cup	Little or None	1mg
Cauliflower	1/2 cup cooked	Little or None	1mg
Chives	1 tsp	Little or None	0mg
Corn	1/2 cup	Little or None	1mg
Cucumber	1/4 cucumber	Little or None	1mg
Endive	1/2 cup	Little or None	0mg
Green Pepper	1/2 Cup	Moderate	5mg
Iceberg Lettuce	1 cup	Little or None	0mg
Mushrooms	1 mushroom	Little or None	0mg
Onions	1 small onion	Little or None	0mg
Peas	1/2 cup	Little or None	1mg
Pickles	1 pickle	Little or None	0mg
Radish	10 count	Little or None	0mg
Romaine Lettuce	1 cup	Little or None	0mg
Scallions	1/2 cup	Little or None	1mg
Sauerkraut	1/2 cup	Little or None	1mg
Waterchestnuts	4 waterchestnuts	Little or None	0mg
Yellow Squash	1/2 cup	Low	4mg
Zucchini	1/2 cup	Little or None	1mg

## > POTATOES

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

# Dairy

## > CREAM PRODUCTS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Homemade Cream Sauce	1 cup	Low	3mg
Coffee Creamer	1 Tbs	Little or None	0mg
Non-Dairy Creamer	1 Tbs	Little or None	0mg
Sour Cream	1 Tbs	Little or None	0mg

## > ICE CREAMS

Ice Cream (Vanilla)	1/2 cup	Little or None	0mg
Ice Cream Light	1/2 cup	Little or None	0mg
Non Fat Ice Cream	1/2 cup	Little or None	0mg

## > YOGURT PRODUCTS

Plain Yogurt	1 cup	Low	2mg
Yogurt with Fruit	8 oz	Little or None	1mg
Non Fat Yogurt with Fruit	8 oz	Little or None	1mg
Frozen Yogurt	1/2 cup	Little or None	1mg
Lowfat Frozen Yogurt	1/2 cup	Little or None	1mg

## > CHEESE PRODUCTS

American Cheese	1 slice	Little or None	0mg
Cheddar Cheese	1 slice	Little or None	0mg
Low Fat Cheese	1 slice	Little or None	0mg
Cottage Cheese	1/2 cup	Little or None	0mg
Low Fat Cottage Cheese	1 cup	Little or None	0mg
Cottage Cheese Fat Free	1/2 cup	Little or None	1mg
Mozzarella Cheese	1 oz	Little or None	0mg

## > EGGS

Food Items	Serving Size	Oxalate Category	Oxalate Value
Eggs	1 medium	Little or None	0mg
Egg Beaters	4 oz	Little or None	0mg

## > DAIRY SPREADS

Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Low Fat Cream Cheese	1 oz	Little or None	1mg
Butter, Salted	1 pat	Little or None	0mg

## > MILK

Chocolate Milk	1 cup	Moderate	7mg
Powered Milk	1 envelope	Low	3mg
Fat Free Milk	1 cup	Little or None	1mg
1% Milk	1 cup	Little or None	1mg
2% Milk	1 cup	Little or None	1mg
Whole Milk	1 cup	Little or None	1mg
Buttermilk	1 cup	Little or None	1mg

# Breads & Grains

## > BREADS

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

> PASTAS, RICE & GRAINS

Food Items	Serving Size	Oxalate Category	Oxalate Value
All-Purpose Flour	1 cup	Very High	17mg
Brown Rice, cooked	1 cup	Very High	24mg
Brown Rice Flour	1 cup	Very High	65mg
Buckwheat Groats	1 cup cooked	Very High	133mg
Bulgur, cooked	1 cup	Very High	86mg
Corn Grits	1 cup	Very High	97mg
Cornmeal	1 cup	Very High	64mg
Couscous	1 cup	Very High	15mg
Lasagna	1 serving	Very High	23mg
Millet, cooked	1 cup	Very High	62mg
Miso	1 cup	Very High	40mg
Rice Bran	1 cup	Very High	281mg
Soy Flour	1 cup	Very High	94mg
Wheat Berries	1 cup cooked	Very High	98mg
Wheat Flour, Whole Grain	1 cup	Very High	29mg
Spaghetti	1 cup cooked	High	11mg
White Rice Flour	1 cup	High	11mg
Corn Flour	1 cup	Low	3mg
Hummus	1 Tbs	Low	4mg
Macaroni & Cheese	1 cup	Low	4mg
White Rice, cooked	1 cup	Low	4mg
Barley Malt Flour	1 cup	Little or None	0mg
Corn Bran	1 cup	Little or None	0mg
Flaxseed	1 Tbs	Little or None	0mg
Oat Bran, raw	1/3 cup	Little or None	0mg

# Meats & Fish

## > MEAT & MEAT ALTERNATIVES

Food Items	Serving Size	Oxalate Category	Oxalate Value
Tofu	3.5oz	Very High	13mg
Veggie Burger	1 pattie	Very High	24mg
Soy Burger	3.5oz	High	12mg
Chicken Nuggets	6 nuggets	Low	3mg
Meatballs	2 meatballs	Low	2mg
Turkey Dogs	1 dog	Low	3mg
Antelope	3 oz	Little or None	0mg
Bacon	2 slices	Little or None	0mg
Bologna	1 slice	Little or None	0mg
Buffalo	3 oz	Little or None	0mg
Chicken Dog	1 dog	Little or None	1mg
Chicken Liver	3 oz	Little or None	0mg
Chicken	3 oz	Little or None	0mg
Hot Dogs	1 dog	Little or None	1mg
Ham	3 oz	Little or None	0mg
Ground Beef	3 oz	Little or None	0mg
Lean Hamburg (85%)	3 oz	Little or None	0mg
Lean Hamburg (75%)	3 oz	Little or None	0mg
Lean Hamburg (90%)	3 oz	Little or None	1mg
Liver	3.5oz	Little or None	0mg
Moose	3oz	Little or None	0mg
Pork	5 oz	Little or None	0mg
Turkey	5 oz	Little or None	0mg
Venison	3 oz	Little or None	0mg
Wild Game Meat	3 oz	Little or None	1mg

## > FISH

Tuna Salad	1 cup	Moderate	6mg
Frozen Fish Sticks	2 sticks	Low	3mg
Alaskan King Crab	3 oz or 1/2 leg	Little or None	0mg
Bluefish	1 fillet	Little or None	1mg



> **FISH** (CONTINUED)

Food Items	Serving Size	Oxalate Category	Oxalate Value
Clams, raw	3 oz	Little or None	0mg
Cod, pacific	3 oz or 1 fillet	Little or None	0mg
Cod Liver Fish Oil	1 tsp	Little or None	0mg
Flounder	3 oz	Little or None	0mg
Haddock	3 oz	Little or None	0mg
Halibut	3 oz	Little or None	0mg
Herring (Atlantic & Pacific)	3 oz	Little or None	1mg
Mackeral	3 oz	Little or None	0mg
Oysters	3 oz	Little or None	0mg
Pollock	3 oz	Little or None	0mg
Salmon (all types)	4 oz	Little or None	0mg
Sardines	1 can or 3.75oz	Little or None	0mg
Shrimp	3 oz	Little or None	0mg
Swordfish	1 piece	Little or None	0mg
Tuna Fish (in oil)	3.5 oz	Little or None	0mg
Tuna Fish (in water)	3.5oz	Little or None	0mg
Whiting	3 oz	Little or None	0mg

# Nuts & Seeds

Food Items	Serving Size	Oxalate Category	Oxalate Value
Almonds	1 oz or 22 kernels	Very High	122mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Cashews	1 oz or 18 kernels	Very High	49mg
Peanuts	1 oz	Very High	27mg
Pistachios	1 oz or 48 kernels	Very High	14mg
Mixed Nuts (with Peanuts)	1 oz	Very High	39mg
Pumpkin Seeds	1 cup, cooked	Very High	17mg
Trail Mix	1 oz	Very High	15mg
Walnuts	1 cup or 7 nuts	Very High	31mg
Pecans	1 oz or 15 halves	High	10mg
Sunflower Seeds	1 cup	High	12mg
Flaxseed	1 Tbs	Little or None	0mg

# Cakes, Candies, Cookies & Pudding Snacks

Food Items	Serving Size	Oxalate Category	Oxalate Value
Brownies	1 oz or 1/2 brownie	Very High	31mg
Cake (store brand)	1 piece	Very High	15mg
Cake (homemade)	1 piece	Very High	16mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Cake (Low Fat Only)	1 piece	High	11mg
Chocolate Chip Cookies (store brand)	1 cookie	High	10mg
Chocolate Chip Cookies (Low Fat Only)	1 cookie	Moderate	7mg
Milk Chocolate Candies	1 oz	Moderate	5mg
Pies (homemade)	1 piece or 1/8th of pie	Moderate	5mg
Apple Pie	1 piece or 1/8th of pie	Moderate	5mg
Pudding Popsicle	1 pop	Moderate	5mg
Fig Bars	1 cookie	Low	4mg
Chocolate Pudding, Instant	1/4 box or 1 oz	Low	4mg
Oatmeal Cookies (store)	1 cookie	Low	4mg
Oatmeal Cookie (home-made)	1 cookie	Low	2mg
Rice Cake	1 cake	Low	4mg
Rice Pudding	1/2 cup	Low	2mg
Snack Cakes- crème filled	1 cake	Low	3mg
Custard	1 cup	Little or None	1mg
Jello	1 cup	Little or None	1mg
Popsicle	1 stick	Little or None	0mg
Rice Krispy Treat	1 bar	Little or None	1mg
Sherbert	1/2 cup	Little or None	0mg
Tapioca Pudding	1/2 cup	Little or None	0mg
Vanilla Pudding	1 cup	Little or None	1mg

# Crackers, Chips & Miscellaneous

Food Items	Serving Size	Oxalate Category	Oxalate Value
Potato Chips	1 oz	Very High	21mg
Tortilla Corn Chips	1 oz	Moderate	7mg
Popcorn, oil-popped	1 cup	Moderate	5mg
Pretzels, Hard & Salted	1 oz	Moderate	5mg
Fruit Roll-Ups	1 roll	Low	2mg
Graham Crackers	1 large rectangle	Low	2mg
Popcorn, air-popped	1 cup	Low	4mg
Ritz Crackers	5 crackers	Low	3mg
Saltines	1 cracker	Little or None	1mg
Triscuits	1 cracker	Little or None	1mg
Wheat Crackers	1 cracker	Little or None	1mg
Wheat Thins, Reduced Fat	1 cracker	Little or None	1mg

# Beverages

Food Items	Serving Size	Oxalate Category	Oxalate Value
Carrot Juice	1 cup	Very High	27mg
Hot Chocolate (homemade)	1 cup	Very High	65mg
Lemonade (frozen from concentrate)	8 oz	Very High	15mg
Rice Dream	1 cup	Very High	13mg
Tea, Brewed	1 cup	Very High	14mg
Tomato Juice	1 cup	Very High	14mg
V8 Juice	1 cup	Very High	18mg
Soy Milk	1 Cup	Very High	20mg
Prune Juice	1 cup	Moderate	7mg
Apple Juice	6 oz	Low	2mg
Apricot Juice	1 cup	Low	2mg
Coffee Decaff	1 cup	Low	2mg
Orange Juice	1 cup	Low	2mg
Pineapple Juice	8 oz	Low	3mg
Postum (coffee Substitute)	1 serving	Low	2mg
Coffee	1 cup	Little or None	1mg
Gatorade	1 cup	Little or None	0mg
Grape Juice	8 oz	Little or None	1mg
Grapefruit Juice	8 oz	Little or None	0mg
Kool-Aid	1 cup	Little or None	1mg
Lemonade (diet)	8 oz	Little or None	1mg
Mango Juice	8 oz	Little or None	1mg
Sodas (all types)	8 oz	Little or None	0mg
Sweetened Instant Iced Tea	1 cup	Little or None	0mg
Water	8 oz	Little or None	0mg

## > DAIRY BEVERAGES

Food Items	Serving Size	Oxalate Category	Oxalate Value
Chocolate Milk	1 cup	Moderate	7mg
Powdered Milk	1 envelope	Low	3mg
Fat Free Milk	1 cup	Little or none	1mg
1% Milk	1 cup	Little or none	1mg
2% Milk	1 cup	Little or none	1mg
Whole Milk	1 cup	Little or none	1mg

## > ALCOHOLIC BEVERAGES

Beer (Regular)	1 can	Low	4mg
Beer (Light)	1 can	Low	3mg
Red Wine	4 oz	Little or None	1mg
White Wine	4 oz	Little or None	0mg
Liquor (80 proof)	1 jigger	Little or None	0mg

# Spreads, Sauces & Toppings

Food Items	Serving Size	Oxalate Category	Oxalate Value
Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Miso	1 cup	Very High	40mg
Peanut Butter	1 Tbs	Very High	13mg
Peanut Butter Reduced Fat	1 Tbs	Very High	16mg
Stuffing	1 cup	Very High	36mg
Tahini	1 Tbs	Very High	16mg
Cream Sauce, Homemade	1 cup	Low	3mg
Gravy	1 cup	Low	4mg
Olive Oil & Vinegar		Low	2mg
Soy Sauce	1 Tbs	Low	3mg
Apple Butter	1 Tbs	Little or None	0mg
Butter	1 Pat	Little or None	0mg
Catsup/Ketchup	1 packet	Little or None	1mg
Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Low Fat	1 oz	Little or None	1mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Horseradish	1 Tbs	Little or None	0mg
Jam/Jelly	1 Tbs	Little or None	1mg
Italian Salad Dressing	1 Tbs	Little or None	0mg
Mayonnaise	1 Tbs	Little or None	0mg
Mustard, yellow	1 tsp or packet	Little or None	1mg
Pancake Syrup	3/4 Tbs	Little or None	0mg
Salsa	1 Tbs	Little or None	1mg
Whipped Cream	2 Tbs	Little or None	0mg
Whipped Topping	2 Tbs	Little or None	0mg

# Ingredients

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

\*once processed there is NO oxalate in stevia



> **INGREDIENTS** (CONTINUED)

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

# Fast Food Items or Meals

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

# Soups

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

# Breakfast Items

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

› **BREAKFAST ITEMS** (CONTINUED)

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

# Cereals by Manufacturer

## > KELLOGG'S

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

> **KELLOGG'S** (CONTINUED)

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

> **POST CEREALS**

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

› GENERAL MILLS

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

> **QUAKER**

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



# Other Cereal Brands

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



## Want to learn more about eating a low oxalate diet so you can improve overall health and stop forming kidney stones?

If so, then I have a solution for you. It's called the [Kidney Stone Prevention Course](#) and everyone who joins this course will walk away with the knowledge and confidence to reduce their risk of stones.

This course costs \$189. That includes lifetime access to nearly [4 hours of education](#) as well as up to [10 hours of live calls with yours truly](#). To work with me privately for that amount of time would cost more than \$1700.

[\*\*Click here to learn more!\*\*](#)

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