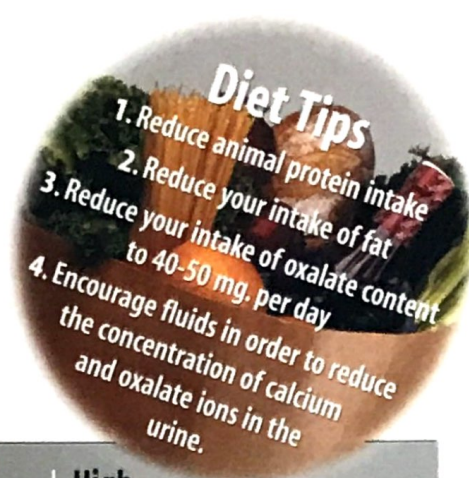


Low Oxalate Meal Plan



	Little or No Oxalate <2 mg. per serving Eat as desired	Moderate 2-10 mg. per serving	High >10 mg. per serving Avoid
Beverages & Juices 	Apple juice Grapefruit juice Lemonade Coke/Pepsi (12 oz. per day) Pineapple juice Water encouraged <i>Note: distilled alcohol, bottled beer, and red or rosé wine is also allowed on occasion.</i>	Coffee (any kind, 8 oz. per serving) Cranberry juice Grape juice Orange juice Tomato juice 	Draft beer Juices containing berries not allowed Ovaltine and other beverage mixes Tea, and cocoa
Milk (2 or more cups) 	Low fat milk Low fat or fat free yogurt Skim milk Buttermilk		
Meat Group 	Eggs Cheese Lean lamb Beef or pork Poultry Seafood	Sardines 	Peanut butter Soybean curd Tofu
Vegetables 	Brussels sprouts Cauliflower Cabbage Mushrooms Onions Peas Potatoes Radishes	Asparagus Broccoli Carrots Corn Cucumber Lettuce (iceberg) Lima beans Tomato (1 small)	Beets Swiss Chard Collards Escarole Leeks Okra Green Peppers Rutabagas Summer squash Watercress Celery Chives Eggplant Kale Mustard Greens Parsley Spinach Sweet potatoes
Fruits 	Avocado Grapefruit Mangoes Melons: Cantaloupe, Honeydew, Watermelon Nectarines Plums Bananas Grapes Cherries, Bing Peaches	Apple Apricots Cherries, red sour Oranges Peaches Pear Pineapple Italian prunes Black currants	Blackberries Red currants Goose berries Lime peel Raspberries Strawberries Grapes, Concord Blueberries Fruit cocktail Lemon peel Orange peel Rhubarb Tangerine
Breads and Starch 	Cornflakes Noodles Rice White bread Macaroni Oatmeal Spaghetti	Cornbread Sponge cake 	Grits White corn Soybean crackers Wheat germ
Fats 	Bacon Mayonnaise Salad dressing Vegetable oil		Nuts Peanuts Pecans
Extra 	Jelly (made with allowed fruit) Lemon or Lime juice Salt & pepper (1 tsp. per day) Sugar Soup with allowed ingredients		Chocolate Cocoa Pepper (more than 1 tsp. per day) Vegetable soup Tomato sauce and soup