

OXALATE CONTROL

GENERAL DESCRIPTION

Oxalic acid occurs primarily in foods of plant origin. The diet excludes foods that are very high in oxalates and is intended to provide less than 50 mg of oxalate per day.

PHYSICIANS: HOW TO ORDER DIETS

The diet order should indicate **low-oxalate diet**. Any other diet modifications needed, such as a low-fat diet, should be included in the diet order.

FOODS TO ALLOW AND FOODS TO AVOID *

Food Groups	Allow	Avoid
Beverage	Coffee (limit to 3 cups a day); noncola carbonated beverages; artificially flavored fruit drinks (not fortified with vitamin C)	Tea; cola beverages; chocolate flavored beverages; Ovaltine
Meat	All except peanut butter and peanuts	Peanut butter; peanuts
Fat	All except nuts	Nuts
Milk	Milk and milk beverages (limit to 2 to 3 cups/day)	None
Starch	All except those in "Avoid" column	Sweet potato; pumpkin; parsnips; wheat germ
Vegetable	Onions (use only as a seasoning; limit to 1 to 2 tbsp/day); all others except those in "Avoid" column	Beets; carrots; celery; chives; green beans; greens: beet, collards, dandelion, kale, mustard, spinach, Swiss chard, turnip; okra; parsley; tomatoes; tomato juice, sauce, and paste
Fruit	All except those in "Avoid" column (limit juice of allowed fruits to 1/2 cup/day)	Currants; figs; gooseberries; grapefruit; oranges; plums; prunes; raspberries; rhubarb; tangerines; cranberry juice†; grape juice†; grapefruit juice; orange juice; orange and lemon peel

FOODS TO ALLOW AND FOODS TO AVOID* (Continued)

Food Groups	Allow	Avoid
Soup	Any containing allowed foods	All others
Dessert	Any containing allowed foods	Any with nuts, chocolate, or disallowed fruits
Sweets	All except those in "Avoid" column	Marmalade; any with nuts, chocolate, or disallowed fruits
Miscellaneous	Tomato-based condiments, such as catsup and chili sauce (use only as a seasoning; limit to 1 to 2 tbsp/day); all other foods except those in "Avoid" column	Chocolate; cocoa; beer

Medications: Pharmacologic levels of ascorbic acid supplementation may increase urinary oxalate excretion. Therefore, the patient should be advised to avoid ascorbic acid supplements unless approved by the physician.

*Data available on the average oxalate content of foods vary greatly, in part because of differences among and inaccuracies in analytic methods. The oxalate content of a particular food is also variable and seems to be related to variety of plant, season, age of plant, variation from one part of the plant to another, climate, and soil conditions. The exact oxalate content of specific foods or the total diet is difficult to verify. For practical purposes, the diet is designed to prohibit or limit foods that tend to be high in oxalate.

†Although grapes and cranberries are not extremely high in oxalate, juices from them are excluded because they are concentrated and may therefore be a substantial source of oxalate.