

OXALATE CONTENT OF COMMON FOODS

LOW		MODERATE	HIGH
Beer	Cauliflower	Coffee	Draft Beer
Soda	Cabbage	Sardines	Tea
Wine	Green Peas	Sponge Cake	Ovaltine
Milk	Mushroom	Asparagus	Cocoa
Yogurt	Onion	Broccoli	Chocolate
Egg	Potato	Carrot	Dried Beans
Cheese	Apple Juice	Cucumber	Peanut Butter
Meats	Grapefruit Juice	Corn	Nuts
Chicken	Pineapple Juice	Lettuce	Tofu
Fish	Avocado	Lima Beans	Celery
Seafood	Banana	Turnip	Chives
Cereal	Cantaloupe	Cranberry Juice	Eggplant
Macaroni	Cherries	Grape Juice	Green Pepper
Noodles	Coconut	Orange Juice	Leeks
Rice	Grapefruit	Apple	Mustard Green
Spaghetti	Green Grapes	Apricot	Parsley
Bread	Green Plum	Black Grapes	Spinach
Bacon	Honeydew Melon	Peach	String Beans
Salad Dressing	Mango	Pear	Sweet Potato
Mayonnaise	Nectarine	Pineapple	Tomato
Butter	Watermelon	Purple Plum	Watercress
Margarine		Prune	Zucchini
Oil			Fruit Cocktail
			Red Grapes
			Strawberries
			Tangerine
			Lemon Peel
			Orange Peel

Persons prone to development of kidney stones should limit their intake of foods high in oxalate