

## Oxalate-Restricted Diet

### Why should you follow an oxalate-restricted diet?

A diet low in oxalate may be ordered if you have calcium oxalate kidney stones or a high amount of oxalate in your urine. Research has shown the oxalate-restricted diet alone does not prevent stones. However, since oxalate-containing foods increase the amount of oxalate in your urine, if you have these types of stones, it may be wise for you to limit the amount you eat.

### What is an oxalate?

Oxalate is a naturally occurring substance found in a variety of plants. The leaves of these plants always contain more oxalate than the roots, stems, and stalks. Your body always contains oxalates, and your cells make oxalates out of substances like vitamin C. Oxalates combine with calcium in your intestines. Sometimes oxalate stones form because there is not enough calcium in the intestines. Then, too much oxalate goes to the kidneys to be excreted.

### Many factors may cause oxalate stones to form in the body, including:

- A low intake of calcium rich foods
- A high intake of oxalate foods
- A high sodium or salt intake
- A high intake of protein foods such as meat
- Taking too much vitamin C, which our bodies turn into oxalate. The recommended dietary allowance (RDA) is 75 mg for females and 90 mg for males.
- Not drinking enough water. At least 8 cups per day is recommended.
- Intestinal disease or resection

### Will drinking milk cause me to form kidney stones?

No. That is a common myth, not supported by research. A high-calcium diet actually may decrease the absorption of oxalate, making stones less likely to form.

### Here are some important points to remember:

- Oxalates are found in a wide variety of foods.
- Oxalates can also be made in our own body.
- Foods that come from animals usually have little or no oxalate.
- Drink plenty of fluids, at least 8 cups of water every day.  
Your urine should be clear in light. If it isn't, drink more water.



# High Oxalate Foods to be Avoided

## Bread, cereal, rice and pasta group

- Wheat bran, including whole wheat bread, cereals and bran muffins
- Fig Newtons®, graham crackers, soybean crackers, fruit cake
- Grits, white corn, kamut



## Fruit group

- Rhubarb
- Strawberries, blackberries, blueberries, raspberries, gooseberries
- Currants, concord (purple) grapes, figs, tangerines, kiwi and plums
- Oranges, orange peel and star fruit
- Foods, marmalades, juices and desserts containing these fruits

## Vegetable group

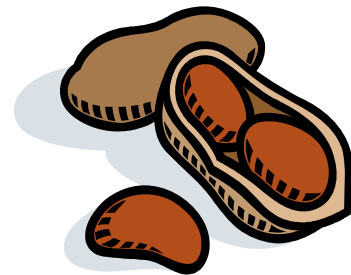
- Beets, beet greens
- Green leafy vegetables: spinach, swiss chard, escarole, kale, pokeweed, collards
- Leeks, okra, sweet potatoes, yams, summer squash

## Dairy group

- Chocolate milk
- Ice cream containing chocolate or fruits listed above

## Meat, fish, poultry, dried beans, eggs and nuts group

- Nuts, including peanut butter and sesame seeds
- Desserts or breads with nuts
- Beans and legumes
- Soy products



## Beverages and snacks

- Tea, instant coffee powder, Ovaltine®, draft beer
- Any juice made from high-oxalate foods
- Chocolate including: candy, milk, cocoa, syrup, desserts

## Condiments

- Ground cinnamon, ginger, soy sauce, raw parsley
- Pepper, more than 1 tsp a day

### References:

Mayo Clinic <[www.mayoclinic.com](http://www.mayoclinic.com)>. Last accessed: 9/07

National Kidney Foundation <[www.kidney.org](http://www.kidney.org)>. Last accessed: 9/07

**For more information or to speak with a Registered Dietitian, call OSF Saint Francis Nutrition Access Line (309) 655-3705.**