

# The Low-Oxalate Shopping Guide



Items in **Green** are recommended.  
 Items in **Orange** are in Moderation.  
 Items in **Red** are to be avoided.

## Proteins

- Organic and Grass-fed Beef
- Organic and Grass-fed Turkey
- Organic and Grass-fed Venison
- Organic and Grass-fed Moose
- Organ Meats
- Eggs
- 100% grass-fed cheese
- Cream
- Yogurt and Whole Milk
- Organic and grass-fed buffalo
- All wild caught and sustainably farmed fish except tuna
- Tofu
- Tuna Fish

## Fermented foods

- Sauerkraut
- Apple cider vinegar
- Grass-fed yogurts
- Kombucha

## Fruits

- Cantaloupe
- Plums
- Honeydew melon
- Mango
- Nectarines
- Grapes
- Apples
- Watermelon
- Apricots
- Blackberries
- Blueberries
- Pineapple
- Cherries
- Pears
- Banana
- Figs
- Raspberries
- Oranges
- Kiwi
- Grapefruit
- Dates
- Tangerines

## Fats

- Coconut, Avocado & Olive oils
- Grass-fed butters

## Vegetables

- Broccoli
- Cabbage
- Scallions
- Onions
- Mushrooms
- Iceberg lettuce
- Bok choy
- Alfalfa sprouts
- Romaine lettuce
- Radish
- Yellow squash
- Zucchini
- Water chestnuts
- Cucumbers
- Avocados
- Kale
- Mustard greens
- Brussel sprouts
- Raw celery
- Collard Greens
- Carrots
- Lentils
- Beets
- Navy beans
- Black beans
- Okra
- Rhubarb
- Spinach (cooked or raw)
- Turnip
- Yams
- Tomato sauce
- Rutabaga
- Olives
- Cooked celery
- Asparagus
- Artichokes
- All potato varieties

## Herbs & Seasonings

### Very Low Oxalate

- Garlic
- Lemon Juice
- Lemon extract\*\*
- Cinnamon extract\*\*
- Chrystallized Ginger (ground)
- Curcumin Supplements\*\*
- Coconut milk, oil or flesh

### Low Oxalate

- Yellow Mustard
- Raw Ginger
- Fresh Green Chilis
- Fresh Cilantro
- Fresh Basil
- Sage\*\*
- White Pepper
- Fresh Cayenne

### Medium Oxalate

- Cardemom
- Nutmeg
- Lemon Peel
- Paprika
- Black Pepper
- Cayenne Pepper
- Fresh Jalapeno\*\*
- Fresh Serrano\*\*

### High Oxalate

- Turmeric\*
- Cumin Seed
- Coriander
- Cinnamon\*
- Clove\*
- Fennel Seed\*
- Ground Ginger
- Anise Seed

## Nuts & Seeds

- Flaxseed
- Pumpkin seeds
- Chia seeds
- Hemp seeds
- All Nut varieties including pine nuts almonds, cashews, peanuts, pecans, walnuts and macadamia nuts as well as nut butters