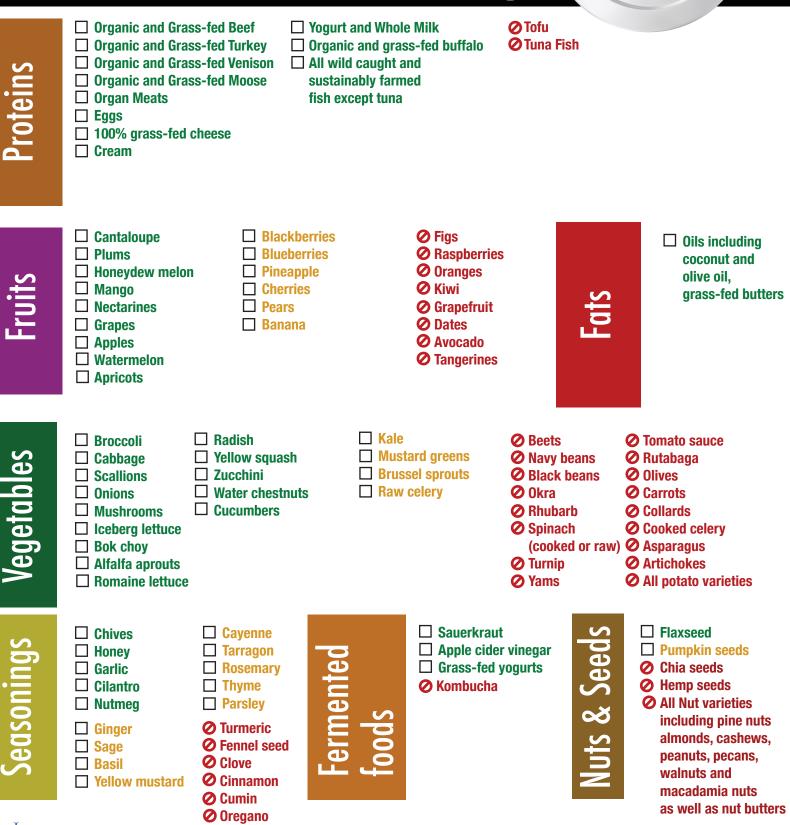
The Low-Oxalate Shopping Guide

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



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